THE

OCTOECHOS

OR,

THE BOOK

OF

EIGHT TONES

Adapted for Canada from the Octoechos of the
the
Monastery of the Myrrhbearing Women,
Otego, New York

For use in
Archdiocese of Canada
1999/2005

OCTOECHOS

TONE 1

SATURDAY VESPERS:

LORD I CALL…

ACCEPT OUR EVENING PRAYERS, O HOLY LORD.
GRANT US REMISSION OF SINS,//
FOR YOU ALONE HAVE MANIFESTED THE RESURRECTION TO THE WORLD

ENCIRCLE SION, AND SURROUND HER, O PEOPLE.
GIVE GLORY IN HER TO THE ONE WHO ROSE FROM THE DEAD.
FOR HE IS OUR GOD,//
WHO HAS DELIVERED US FROM OUR TRANSGRESSIONS.

COME, O PEOPLE. LET US HYMN AND FALL DOWN BEFORE CHRIST,
GLORIFYING HIS RESURRECTION FROM THE DEAD.
FOR HE IS OUR GOD,//
WHO HAS DELIVERED THE WORLD FROM THE ENEMY'S DECEIT.

Anatolian stikhs:

O HEAVENS: BE GLAD;
SOUND TRUMPETS, O FOUNDATIONS OF THE EARTH.
SING IN GLADNESS, MOUNTAINS.
BEHOLD, EMMANUEL HAS NAILED OUR SINS TO THE CROSS.
GRANTING LIFE, HE HAS SLAIN DEATH.//
HE HAS RESURRECTED ADAM, AS THE LOVER OF MANKIND.

LET US PRAISE HIM,
WHO VOLUNTARILY WAS CRUCIFIED IN THE FLESH FOR OUR SAKE.
HE SUFFERED, WAS BURIED, BUT ROSE FROM THE DEAD.
BY ORTHODOXY CONFIRM YOUR CHURCH, O CHRIST.//
GRANT PEACE FOR OUR LIFE, AS THE GRACIOUS LOVER OF MANKIND.

WE STAND UNWORTHILY BEFORE YOUR LIFE-BEARING TOMB, O CHRIST GOD,
OFFERING GLORY TO YOUR INEFFABLE COMPASSION.
YOU HAVE ACCEPTED THE CROSS AND DEATH, O SINLESS ONE,//
TO GRANT RESURRECTION TO THE WORLD ,AS THE LOVER OF MANKIND.

LET US PRAISE THE WORD,
CO-ETERNAL WITH THE FATHER.
HE INEFFABLY CAME FORTH FROM THE VIRGINAL WOMB.
HE FREELY ACCEPTED THE CROSS AND DEATH FOR OUR SAKE.
HE WAS RAISED IN GLORY.//
GLORY TO YOU, O LIFE-GIVING LORD, THE SAVIOUR OF OUR SOULS.

And three stikhs from the menaion

Glory... Now and ever...

Theotokos Hymn

LET US PRAISE THE VIRGIN MARY,
THE GATE OF HEAVEN, THE GLORY OF THE WORLD.
THE SONG OF THE ANGELS, THE BEAUTY OF THE FAITHFUL—
SHE WAS BORN OF MAN, YET GAVE BIRTH TO GOD.
SHE WAS REVEALED AS THE HEAVEN, AS THE TEMPLE OF THE GODHEAD.
SHE DESTROYED THE WALL OF ENMITY.
SHE COMMENCED THE PEACE, SHE OPENED THE KINGDOM.
SINCE SHE IS OUR FOUNDATION OF FAITH,
OUR DEFENDER IS THE LORD WHOM SHE BORE.
COURAGE. COURAGE, O PEOPLE OF GOD,
FOR CHRIST WILL DESTROY OUR ENEMIES//
SINCE HE IS ALL POWERFUL.

APOSTIKHA

WE HAVE BEEN FREED FROM SUFFERINGS
BY YOUR SUFFERING, O CHRIST.
WE HAVE BEEN DELIVERED FROM CORRUPTION
BY YOUR RESURRECTION.//
O LORD: GLORY TO YOU.

V: The Lord is King. He is robed in majesty.

LET CREATION REJOICE.
LET THE HEAVENS BE GLAD.
LET THE NATIONS CLAP THEIR HANDS WITH GLADNESS.
FOR CHRIST OUR SAVOUR HAS NAILED OUR SINS TO THE CROSS.
SLAYING DEATH, HE HAS GIVEN LIFE.//
HE HAS RESURRECTED FALLEN ADAM, AS THE LOVER OF MANKIND.

R: For He has established the world so that it shall never be moved.
AS KING OF HEAVEN AND EARTH,
YOU WERE VOLUNTARILY CRUCIFIED IN YOUR LOVE FOR MANKIND.
HADES WAS ANGERED WHEN IT MET YOU BELOW.
ADAM ROSE SEEING YOU, THE CREATOR, UNDER THE EARTH.
OH WONDER, HOW HAS THE LIFE OF ALL TASTED DEATH ?
YOU ENLIGHTENED THE WORLD WHICH CRIES://
O LORD, WHO ROSE FROM THE DEAD: GLORY TO YOU.

V: Holiness befits Your house, O Lord, forever more.

THE MYRRH-BEARING WOMEN CAME WITH HASTE TO YOUR TOMB,
BEARING MYRRH AND LAMENTATIONS.
NOT FINDING YOUR MOST PURE BODY,
THEY LEARNED FROM THE ANGEL OF THE NEW AND GLORIOUS WONDER.
THEY TOLD THE APOSTLES://
THE LORD IS RISEN, GRANTING THE WORLD GREAT MERCY.
Glory... Now and ever...
Theotokos Hymn
BEHOLD, ISAIAH'S PROPHECY IS FULFILLED;
FOR THE VIRGIN GAVE BIRTH, YET REMAINED A VIRGIN.
GOD WAS BORN, AND SO NATURE WAS RESTORED ANEW.
BUT DO NOT DESPISE THE ENTREATIES OF YOUR SERVANTS, O MOTHER OF GOD.

WE OFFER THEM TO YOU IN YOUR TEMPLE.
SINCE YOU CARRIED IN YOUR ARMS THE COMPASSIONATE ONE,
HAVE COMPASSION ON YOUR SERVANTS,//
AND PRAY THAT OUR SOULS MAY BE SAVED.

SUNDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

THE SOLDIERS KEEPING WATCH OVER YOUR TOMB,
FELL DOWN AS DEAD, O SAVIOUR,
AT THE LIGHTNING BRIGHTNESS OF THE ANGEL
WHO APPEARED AND PROCLAIMED THE RESURRECTION TO THE WOMEN.
WE GLORIFY YOU, THE DESTROYER OF CORRUPTION.
WE ALL FALL DOWN BEFORE YOU, //
OUR ONLY GOD, RISEN FROM THE TOMB.

R: Arise, O Lord my God, lift up Your hand; do not forget Your poor forever.
NAILED TO THE CROSS BY YOUR OWN WILL, O MERCIFUL ONE;
LAID IN THE TOMB AS DEAD, O GIVER OF LIFE,
BY YOUR DEATH, YOU WIPED OUT THE POWER OF DEATH.
THE GATEKEEPERS OF HADES TREMBLED BEFORE YOU.
WITH YOURSELF, YOU RAISED UP THE DEAD FROM THE AGES,//
ONLY LOVER OF MANKIND.
Glory... Now and ever...

Theotokos Hymn

WE KNOW YOU TO BE THE MOTHER OF GOD,
AS WE ALL YEARN TO SEEK REFUGE IN YOUR GOODNESS.
AFTER CHILDBEARING YOU REMAINED TRULY VIRGIN.
INDEED, WE SINNERS HAVE IN YOU AN INTERCESSOR;
IN TEMPTATION WE HAVE YOU AS OUR SALVATION,//
O ONLY IMMACULATE ONE.

After the final reading from the Psalter:

SESSIONAL HYMN

THE WOMEN COMING EARLY TO YOUR TOMB
TREMBLED AT THE SIGHT OF THE ANGEL.
THE TOMB SHONE WITH LIFE, AND THIS WONDER STRUCK THEM.
THEY RETURNED AND ANNOUNCED THE RESURRECTION TO THE DISCIPLES:
CHRIST, ALONE MIGHTY AND POWERFUL,
HAS DESPOILED HADES,
RAISING UP ALL THOSE IN CORRUPTION,

RELEASING MANKIND FROM FEAR OF CONDEMNATION, //
BY THE POWER OF THE CROSS.

R: I will praise You, Lord, with my whole heart; I will speak of all Your marvellous works.

THE LIFE OF ALL WAS NAILED TO THE CROSS
AND THE IMMORTAL LORD, THE Saviour WHO ROSE ON THE THIRD DAY,
RAISING ADAM FROM CORRUPTION,
WAS NUMBERED AMONG THE DEAD.
THEREFORE, GIVER OF LIFE, THE POWERS OF HEAVEN CRY ALOUD:
GLORY TO YOUR RESURRECTION.
GLORY TO YOUR CONDESCENSION,//
ONLY LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

O MARY, SACRED DWELLING OF THE LORD:
RAISE US WHO HAVE FALLEN
INTO A BOTTOMLESS PIT OF DESPAIR, SIN AND AFFLICTION,
FOR YOU ARE THE SALVATION, AID AND POWERFUL ADVOCATE OF SINNERS,//
AND YOU SAVE YOUR SERVANTS.

THE CANON

ODE ONE:

FIRST CANON

IRMOS:
O IMMORTAL LORD:
BY THE RIGHT OF YOUR DIVINE MAJESTY,
YOUR VICTORIOUS ARM IS MADE GLORIOUS IN STRENGTH.
IT CRUSHED THE ENEMY WITH ALMIGHTY POWER,
AND MADE A NEW PATH FOR THE PEOPLE OF ISRAEL IN THE DEPTHS OF THE SEA.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
In the beginning, You fashioned me from dust, working with Your pure hands in divine activity. You spread out Your hands upon the Cross, recalling my corruptible body from the earth: the flesh You took from the Virgin.

The one who planted a soul within me by His divine breath, submitted Himself to

slaughter and surrendered His soul to death. He loosed the everlasting bonds, and has raised the dead with Himself, glorifying them in incorruption.

Theotokos Hymn:

Rejoice, O Fountain of grace. Rejoice, O Ladder and Gateway to heaven. Rejoice, O Candlestick and vessel of gold: the unhewn mountain who brought Christ, the Giver of Life to the world.

SECOND CANON

IRMOS:

CHRIST IS BORN, GLORIFY HIM.
CHRIST IS FROM HEAVEN, RECEIVE HIM.
CHRIST IS ON EARTH, BE LIFTED UP.
SING TO THE LORD, ALL THE EARTH,
AND PRAISE HIM WITH JOY, ALL PEOPLE,
FOR HE HAS BEEN GLORIFIED.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

Christ is made flesh, and makes me divine; Christ is humbled, setting me on high; Christ, the Giver of life, enduring the Passion in His nature of flesh, has given me freedom from passions. Therefore I sing to Him a song of thanksgiving, for He has been glorified.

The crucified Christ sets me on high; The dead Christ raises me with Himself. Christ has given me life. Therefore I clap my hands and sing with joy a hymn of victory to the Saviour, for He has been glorified.

Theotokos Hymn

You conceived God, O all-holy Virgin, and by a virgin birth you bore Christ, made flesh of you: the only-begotten Son, one Person in two natures, for He has been glorified.

ODE THREE:

FIRST CANON

IRMOS:

YOU ALONE KNOW THE WEAKNESS OF MANKIND'S NATURE,
YET IN COMPASSION, YOU TOOK UP ITS FORM.
GIRD ME WITH POWER FROM ON HIGH THAT I MAY CRY OUT TO YOU:
HOLY IS THE LIVING TEMPLE OF YOUR PURE GLORY, LOVER OF MANKIND.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

O Lord of goodness: You are my God, Who in compassion for the fallen have come down to me. By Your Crucifixion, You raised me up that I may sing to You: Holy is the Lord of glory; His goodness is beyond compare.

O Christ, the divinely existing Life: as compassionate God, You clothed Yourself with my corruptible form. You descended to the dust of death, breaking the chains of man's mortality, And on the third day, You rose, Clothing me with incorruption.

Theotokos Hymn

You conceived God in your womb through the Holy Spirit, and yet remained unconsumed, O Virgin. The bush unconsumed by the fire clearly foretold you to the lawgiver Moses for you received the Fire that cannot be endured.

SECOND CANON

IRMOS:

TO THE SON WHO BEFORE ALL TIME WAS BORN IMMORTAL OF THE FATHER,
AND IN THESE LATTER DAYS BECAME INCARNATE WITHOUT SEED OF A VIRGIN,
LET US CRY OUT TO CHRIST OUR GOD:
YOU HAVE RAISED OUR HORN;
HOLY ARE YOU, O LORD.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

Let us cry out to the One who took the straying sheep upon His shoulders, and through the Tree took off its sin: You have raised our horn; Holy are You, O Lord.

Faithful, let us come and bring our worship in truth to the Divine Spirit who brought Christ, the Great Shepherd, back from Hades. In His dispensation, through His apostles, He tended the nations in wisdom.

Theotokos Hymn

Let us cry out to the Son, made flesh by His own will without seed from the Virgin, for He kept her as a pure Virgin after giving birth: You are God of all, Holy are You, O Lord.

ODE FOUR:

FIRST CANON

IRMOS:

BEHOLDING YOU AS A MOUNTAIN OVERSHADOWED BY THE GRACE OF GOD,
HABAKKUK WITH PROPHETIC EYES
PROCLAIMED THAT FROM YOU SHOULD COME THE HOLY ONE OF ISRAEL
FOR OUR SALVATION AND RESTORATION.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

Who is this Saviour that comes forth from Edom, Crowned with thorns, His garment red ? He hangs upon the Tree. He is the Holy One of Israel come forth For our salvation and restoration.

Behold and stand ashamed, disobedient people. For in your madness you asked Pilate to hang as an evildoer upon the Cross the One who destroyed the power of death And rose from the tomb as God.

Theotokos Hymn

O Virgin: we know you as the Tree of Life, for instead of the fruit bringing death to mortal man, from you sprang the joy of eternal life for the salvation of us who sing to you.

SECOND CANON

IRMOS:

ROD OF THE STEM OF JESSE
AND FLOWER THAT BUDDED FROM A VIRGIN,
O MOST LAUDED CHRIST—
FROM THE MOUNTAIN COVERED WITH DARKNESS YOU HAVE COME,
MADE FLESH FROM HER THAT KNEW NO WEDLOCK.
O GOD NOT FORMED FROM MATTER:
GLORY TO YOUR MIGHT, O LORD.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

Who is this who comes in beauty from Edom With His garments red from Bozrah's wine ? He comes in beauty as God; His garment is red as the flesh and blood of mortal man. We the faithful sing to Him: Glory to Your might, O Lord.

Christ is revealed to us as the High Priest of good things to come. He has put our sins to flight and has opened a new way into the better and more perfect tabernacle with His blood. He is our forerunner into the holy place.

Theotokos Hymn

You have repaid Eve's ancient debt for the new Adam came forth from you. He united Himself, a living soul, to reasonable flesh in a pure conception. Christ, the Lord, in two natures, proceeded from you, whom all people rightly magnify.

ODE FIVE:

FIRST CANON

IRMOS:

YOU HAVE ENLIGHTENED THE WORLD
BY THE BRIGHTNESS OF YOUR COMING, O CHRIST.
YOU ILLUMINE THE ENDS OF THE EARTH WITH YOUR CROSS.
ENLIGHTEN ALSO WITH THE LIGHT OF YOUR KNOWLEDGE,
THE HEARTS OF THOSE WHO SING HYMNS TO YOU IN TRUE FAITH.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

The people put the Lord to death on the Tree of the Cross: the great Shepherd of the sheep, but as terrified sheep in Hades, He rescued the dead from the power of death.

You announced the glad tidings of peace, and proclaimed deliverance to the captives by Your Cross, O my Saviour. By Your rising You put the one who held them to shame, showing him to be poor and naked.

Theotokos Hymn

Do not despise the petitions of those who entreat you in faith, all-pure Virgin whom all people praise, but receive and present them to your Son, our God and only Benefactor, for we have gained an advocate in you.

SECOND CANON

IRMOS:

O GOD OF PEACE AND FATHER OF MERCIES:
YOU HAVE SENT US THE ANGEL OF GREAT COUNCIL WHO GRANTS US PEACE.
SO WE ARE GUIDED TO THE LIGHT OF THE KNOWLEDGE OF GOD.
WAKING EARLY FROM THE NIGHT,
WE PRAISE YOU, O LOVER OF MANKIND.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

Oh, the depths of the riches of the wisdom of God. The Lord has caught the wise in their own craftiness, and so delivered us. Of His own will, He endured the weakness of the flesh. He has raised the dead, making them live by His own strength.

Christ, the existing God, is joined to the flesh for us. He was crucified, dead and buried. He rose again and ascended in His own flesh to the Father in light. In the same way, He will come again, and save those who rightly serve Him.

Theotokos Hymn

O most pure and holy Virgin: you brought forth the Holy of Holies, Christ. He is the Redeemer Who sanctifies all. As the Mother of Him who created all, we proclaim you as their Lady and Queen.

ODE SIX:

FIRST CANON

IRMOS:

THE DEEPEST ABYSS SURROUNDS US.
THERE IS NO REDEEMER.
WE ARE COUNTED AS SHEEP FOR THE SLAUGHTER.
SAVE YOUR PEOPLE, O OUR GOD,
FOR YOU ARE THE STRENGTH AND RESTORATION OF THE WEAK.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
We were greatly wounded by the transgression of the first formed man, O Christ; we have been healed by the stripes which wounded You for our sake, O Lord, for You are the strength and restoration of the weak.

O Lord Almighty: You have led us up from Hades. You crushed the all-devouring whale by Your might, for You are the Life, the Light and the Resurrection.

Theotokos Hymn

Our forefathers rejoice in you, O most pure Virgin, for through you, they regain Eden destroyed by the transgression. For after giving birth, you remain as pure as you had been before.

SECOND CANON

IRMOS:
THE SEAMONSTER CAST OUT JONAH UNHARMED
AS IT HAD RECEIVED HIM, LIKE A BABE FROM THE WOMB.
AND WHEN THE WORD CAME TO DWELL IN THE VIRGIN AND WAS MADE FLESH,
HE CAME FORTH PRESERVING HER INCORRUPT,
FOR HE HIMSELF WAS NOT SUBJECT TO DECAY
AND HE KEPT HIS MOTHER FREE FROM HARM.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
Impassible and immaterial Wisdom, Christ God, mingled the divine Nature with the coarseness of the flesh taking upon Himself the mind of man. Both unchanged and wholly united to my entire nature, He was crucified that He might bring me, fallen, complete salvation.

In ancient times, Adam stumbled and fell. He was wounded and deceived in the hope of becoming like God. But he rises, made like God indeed, through union with the Word, through the Passion gaining freedom from passion. He is glorified as the Son who sits upon the throne with the Father and the Spirit.

Theotokos Hymn

Without leaving the Bosom of the Father without beginning, God who reigns in righteousness went to dwell and establish Himself in the womb of a pure Maiden. He who was without a mother became incarnate without a father. His descent without genealogy is awesome and ineffable.

KONTAK

AS GOD, YOU ROSE FROM THE TOMB IN GLORY,
RAISING THE WORLD WITH YOURSELF.
HUMAN NATURE PRAISES YOU AS GOD, FOR DEATH HAS VANISHED.

ADAM EXULTS, MASTER.
EVE REJOICES, FOR SHE IS FREED FROM BONDAGE AND CRIES TO YOU: //
YOU ARE THE GIVER OF RESURRECTION TO ALL, O CHRIST.

IKOS

Let us sing the praises of the Almighty God, who rose on the third day. He shattered the gates of hell, raising those who had been dead from the ages. He appeared to the Myrrhbearing Women, in His good pleasure telling them first to rejoice. He sent them to bring the good news to the apostles. They announced the signs of victory to the disciples. Hell groaned, death lamented, while the world and all people rejoiced together, //
FOR YOU ARE THE GIVER OF RESURRECTION TO ALL, O CHRIST.

ODE SEVEN:

FIRST CANON

IRMOS:
WE, THE FAITHFUL, BEHOLD YOU AS THE SPIRITUAL FURNACE, O THEOTOKOS,
FOR AS THE MOST HIGH SAVED THE THREE CHILDREN,
SO HE RENEWED MY ENTIRE NATURE IN YOUR WOMB:
THE MOST PRAISED AND GLORIFIED GOD OF OUR FATHERS.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
The earth trembled with fear, the sun turned back and the light was darkened. The sacred veil of the temple was torn in two and the rocks were split, for the righteous God hung upon the Cross: the most praised and glorified God of our fathers.

Of Your own will, for our sake, You became as one helpless and wounded among the dead. You set us free by Your mighty arm, raising us up with Yourself, O most praised and glorified God of our fathers.

Theotokos Hymn

Rejoice, O fountain of ever living water; Rejoice, paradise of delight. Rejoice, O rampart of the faithful; Rejoice, unwedded Bride. Rejoice, O joy of all the world, for from you has shone forth on us: the most praised and glorified God of our fathers.

SECOND CANON

IRMOS:
THE CHILDREN BROUGHT UP TOGETHER IN GODLINESS,
DESPISING THE UNRIGHTEOUS COMMAND,
WERE NOT AFRAID OF THE THREAT OF FIRE,
BUT STANDING IN THE MIDST OF THE FLAMES THEY SANG:

BLESSED ARE YOU, O GOD OF OUR FATHERS.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

The earth of old was cursed, dyed with the blood of Abel from his murdering brother's hand. Now it is blessed, sprinkled with the divine stream of Your blood, and leaping for joy, it cries out: Blessed are You, O God of our fathers.

Let those who were hostile to God lament their shameless deed in putting Christ to death. Let the faithful rejoice; let them clap their hands and cry aloud: Blessed are You, O God of our fathers.

Theotokos Hymn

Behold, the angel like lightning cried to the myrrhbearing women: Come, and see the shroud and the tomb. Look at the signs of the Resurrection of Christ and cry: Blessed are You, O God of our fathers.

ODE EIGHT:

FIRST CANON

IRMOS:

THE ISRAELITE CHILDREN SHONE IN THE FURNACE,
WITH THE BEAUTY OF GODLINESS, BRIGHTER THAN MELTING GOLD,
AND THEY CRIED: BLESS THE LORD, ALL YOU WORKS OF THE LORD.
SING AND EXALT HIM THROUGHOUT ALL AGES.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

O Word of God: of Your own will You create and fashion all things new. By Your Passion You have transformed the shadow of death into Life Eternal. All you works of the Lord: bless the Lord, sing and exalt Him throughout all ages.

You arose on the third day, O Christ, from the tomb, destroying the chaos and misery within the gates and bars of Hades. All you works of the Lord: bless the Lord, sing and exalt Him throughout all ages.

Theotokos Hymn

Let us praise her who in purity without seed and beyond nature, brought forth Christ the precious pearl from the divine lightning. Let us say: Bless the Lord, all you works of the Lord. Sing and exalt Him throughout all ages.

SECOND CANON

IRMOS:

THE FURNACE MOIST WITH DEW WAS THE IMAGE OF A WONDER BEYOND NATURE,
FOR IT DID NOT BURN THE CHILDREN WHOM IT HAD RECEIVED.
JUST AS THE FIRE OF DIVINITY

DID NOT CONSUME THE VIRGIN'S WOMB WHEN IT ENTERED THERE.
SO, LET US RAISE THE SONG:
LET THE WHOLE CREATION BLESS THE LORD,
AND EXALT HIM ABOVE ALL FOREVER.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
Come, O people, let us worship the place where the pure feet of Christ stood, the Tree where His divine and life-giving hands were stretched out for the salvation of the human race. At the life-bearing tomb, let us sing: Let the whole creation bless the Lord and exalt Him above all forever.

The wicked slander of those who killed God is exposed, for the One they called a deceiver scorned the seals of the transgressors. As the mighty One He was raised from the dead. Therefore let us rejoice and sing: Let the whole creation bless the Lord and exalt Him above all forever.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.

As they minister the thrice-holy hymn in godly fear, the immaculate Seraphim give glory to the one Lord of all, the Godhead in three Persons. Let us, together with them, in reverence raise the song: Let the whole creation bless the Lord and exalt Him above all forever.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

THE MAGNIFICAT, ODE NINE, IS SUNG

FIRST CANON

IRMOS:
THE BURNING BUSH THAT WAS NOT CONSUMED
WAS THE TYPE OF YOUR PURE CHILDBEARING, O THEOTOKOS.
NOW QUENCH FOR US THE RAGING FURNACE OF TEMPTATIONS, WE PRAY,
THAT WE MAY UNCEASINGLY MAGNIFY YOU.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
Behold how the lawless and disobedient people justified the accursed and godless man. They condemned the righteous One, the Lord of Glory, to the Tree: Him whom we rightly magnify.

We glorify You, O Saviour, the innocent Lamb, Who take away the sins of the world, risen on the third day. Together with the Father and Your divine Spirit, we

acknowledge You as God and magnify You, the Lord of glory.

Theotokos Hymn

O Lord: save Your people, whom You purchased with Your precious blood. Grant victories to the Orthodox Christians over their Adversary, and through the prayers of the Theotokos, preserve Your Churches in peace.

SECOND CANON

IRMOS:

I BEHOLD A STRANGE, MOST GLORIOUS MYSTERY.
HEAVEN — THE CAVE.
THE CHERUBIC THRONE — THE VIRGIN.
THE MANGER — THE PLACE WHERE CHRIST LAY:
THE UNCONTAINABLE GOD WHOM WE MAGNIFY IN SONG.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

Your Cross, O Lord, is glorified by Your ineffable strength, for Your weakness is revealed as stronger than all power. Through it the mighty are cast down to the earth, and the poor are brought in safety back to heaven.

The shadow of death has been slain, for You, O Christ, have appeared to those in Hades. You granted them resurrection from the dead. Therefore we praise and magnify You, for You are Yourself the Life, the Resurrection and the Light.

The Nature without beginning or end is known in three single divine Persons. One Godhead in the Father, the Son and the Spirit, in whom Orthodox Christians put their trust, and are saved.

THE PRAISES:

WE HYMN YOUR SAVING PASSION, O CHRIST, //
AND GLORIFY YOUR RESURRECTION.

O LORD: YOU HAVE ENDURED THE CROSS,
VOIDED DEATH AND RISEN FROM THE DEAD. //
GRANT PEACE TO OUR LIVES AS THE ONLY ALL POWERFUL ONE.

YOU HAVE DESPOILED HADES,
RAISING MAN BY YOUR RESURRECTION: //
MAKE US WORTHY, O CHRIST, TO PRAISE AND GLORIFY YOU WITH PURITY OF HEART.

WE HYMN YOU, O CHRIST, AND GLORIFY YOUR DIVINE CONDESCENSION.
YOU WERE BORN OF A VIRGIN, YET NOT PARTED FROM THE FATHER.
YOU SUFFERED AS MAN, AND FREELY WILLED TO ENDURE THE CROSS.
YOU ROSE FROM THE GRAVE AS FROM A BRIDAL CHAMBER, //
THAT YOU MIGHT SAVE THE WORLD. O LORD: GLORY TO YOU.

Anatolian stikhs

WHEN YOU WERE NAILED TO THE TREE OF THE CROSS,
THE POWER OF THE ENEMY WAS SLAIN.
CREATION SHOOK WITH FEAR OF YOU
AND HADES WAS DESPOILED BY YOUR MIGHT.
YOU HAVE RAISED THE DEAD FROM THEIR GRAVES
AND OPENED PARADISE FOR THE THIEF. //
O CHRIST OUR GOD: GLORY TO YOU.

THE WOMEN CAME TO YOUR TOMB WITH LAMENTATIONS
BUT FOUND THE GRAVE UNSEALED.
HAVING HEARD THE STRANGE WONDER FROM THE ANGEL,
THEY ANNOUNCED TO THE APOSTLES THAT THE LORD IS RISEN, //
GRANTING THE WORLD GREAT MERCY.

WE VENERATE THE DIVINE WOUNDS OF YOUR PASSION, O CHRIST GOD,
AND THE LORD'S SACRIFICE WHICH NOW SHOWS FORTH GOD IN SION.
FOR THE SUN OF RIGHTEOUSNESS HAS SHONE
ON THOSE WHO WERE SLEEPING IN DARKNESS,
LEADING THEM TO THE NEVER-SETTING LIGHT. //
O LORD: GLORY TO YOU.

WHERE, O TROUBLESOME ONES, ARE THOSE WHO WENT TO PILATE ?
LET THE SOLDIERS WHO WERE WATCHING SAY:
WHERE ARE THE SEALS OF THE TOMB ?
WHERE WAS THE BURIED ONE TAKEN ?
WHERE WAS THE PRICELESS ONE SOLD ?
HOW WAS THE TREASURE STOLEN ?
WHY DO YOU SLANDER THE SAVIOUR'S RISING, O LAWLESS PEOPLE ? //
THE FREE ONE IS RISEN AMONG THE DEAD, GRANTING THE WORLD GREAT MERCY.

GLORY... (*Gospel Hymn*)
NOW AND EVER.. ***TONE 2***
YOU ARE MOST BLESSED...
And the rest, as prescribed.

A THIRD CANON, TO THE THEOTOKOS

ODE ONE:
IRMOS:
BY THE RIGHT OF YOUR DIVINE MAJESTY,
YOUR VICTORIOUS ARM IS MADE GLORIOUS IN STRENGTH, O IMMORTAL LORD.
IT CRUSHED THE ENEMY WITH ALMIGHTY POWER
AND MADE A NEW PATH FOR THE PEOPLE OF ISRAEL IN THE DEPTHS OF THE SEA.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
What song that is worthy of you can we bring you in our weakness ? The song of joy in which Gabriel shows us the mystery: Rejoice, O Theotokos, the unwedded Virgin Mother.

Come, O faithful, let us celebrate the ever-Virgin in spirit and cry out with purity of heart to the Mother of Him who reigns over the powers on high: Rejoice, O Theotokos, the unwedded Virgin Mother.

The depth of your incomprehensible child-bearing is beyond measure, O most pure Virgin. We bring our song to you in faith without hesitation, crying out with sincerity of heart: Rejoice, O Theotokos, the unwedded Virgin Mother.

ODE THREE:
IRMOS:
YOU ALONE KNOW THE WEAKNESS OF MANKIND’S NATURE,
YET IN COMPASSION, YOU TOOK UP ITS FORM.
GIRD ME WITH POWER FROM ON HIGH THAT I MAY CRY OUT TO YOU:
HOLY IS THE LIVING TEMPLE OF YOUR PURE GLORY, O LOVER OF MANKIND.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
O Virgin: in the words of the prophet, we rightly call you a bright cloud, for on you the Lord came down to destroy the error of Egypt’s idolatry and enlighten its servants.

The fellowship of the prophets called you truly a sealed fountain and gate shut fast, clearly writing to us with these symbols of your virginity kept safe in child birth, the one whom the whole world praises in song.

Gabriel, granted to behold the divine purpose as far as was fitting, brought you a joyful message, O all-pure Virgin, telling you plainly of the conception of the Word, and proclaiming your ineffable childbearing.

ODE FOUR:
IRMOS:
BEHOLDING YOU AS A MOUNTAIN OVERSHADOWED BY THE GRACE OF GOD,
HABAKKUK WITH PROPHETIC EYES
PROCLAIMED THAT FROM YOU SHOULD COME THE HOLY ONE OF ISRAEL
FOR OUR SALVATION AND RESTORATION.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
Listen, O heavens, to the wonder, And give ear, O earth, for the daughter of fallen Adam, sprung from dust, has been called to bring forth her own Maker for our salvation and restoration.

We sing the praises of the great and wondrous mystery, for unknown to the leaders of the hosts on high, the Existing One has descended as the rain upon the fleece: upon you, whom all people magnify for our salvation and restoration.

You are the holy of holies and hope of the gentiles, the salvation of the faithful, O Theotokos, for from you, the one praised by all, the Redeemer, the Giver of Life and Lord, shone forth. Entreat Him to save your servants.

ODE FIVE:
IRMOS:
YOU HAVE ENLIGHTENED THE WORLD
BY THE BRIGHTNESS OF YOUR COMING, O CHRIST.
YOU ILLUMINE THE ENDS OF THE EARTH WITH YOUR CROSS.
ENLIGHTEN ALSO WITH THE LIGHT OF YOUR KNOWLEDGE
THE HEARTS OF THOSE WHO SING HYMNS TO YOU IN TRUE FAITH.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
The powers of heaven rejoiced as they beheld you, and with them, the ranks of mortals celebrated. For by your childbearing, O Virgin Theotokos, both were joined together. Therefore we rightly magnify you.

Let the tongue and mind of every man be moved to praise the boast of all mankind. The Virgin in truth is here present with us. She gives glory to those who sing with faith the praises of her wonders.

The subtle songs and praise of skilful masters offered to the Virgin and Mother of God, are held in honour. For she whom we rightly magnify has been the Temple of the glory of the most High God.

ODE SIX:

IRMOS:
THE DEEPEST ABYSS SURROUNDS US.
THERE IS NO REDEEMER.
WE ARE COUNTED AS SHEEP FOR THE SLAUGHTER.
SAVE YOUR PEOPLE, O OUR GOD,
FOR YOU ARE THE STRENGTH AND RESTORATION OF THE WEAK.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
The ministering hosts of angels rightly stand in wonder at your seedless childbearing, O ever-Virgin; for after giving birth, you remain as pure as you had been before.

The Word, before time, without flesh, the Almighty Creator of all, He who brought into being from nothing the bodiless hosts, took flesh from you, O all-pure Virgin.

The foe has been slain by your life-bearing Fruit; Hades has been openly trampled and we in chains set free. Therefore I cry aloud to you, O Full of Divine Grace: Deliver my heart from passion.

ODE SEVEN:
IRMOS:
WE, THE FAITHFUL, BEHOLD YOU AS THE SPIRITUAL FURNACE, O THEOTOKOS,
FOR AS THE MOST HIGH SAVED THE THREE CHILDREN,
SO HE RENEWED MY ENTIRE NATURE IN YOUR WOMB:
THE MOST PRAISED AND GLORIFIED GOD OF OUR FATHERS.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
Jacob beheld you prophetically as the ladder, O Theotokos, for through you, the Most High God of our fathers descended to earth and dwelt among us: the most praised and glorified God of our fathers.

Rejoice, O pure Virgin. The Shepherd came forth from you, clothed in the fleece of Adam, and in His ineffable compassion the Most High indeed wore my entire nature as man: the most praised and glorified God of our fathers.

The pre-eternal God, from your pure blood became in truth the new Adam. Entreat Him now to renew me, for I am old and worn, and I cry out: He is the most praised and glorified God of our fathers.

ODE EIGHT:
IRMOS:
THE ISRAELITE CHILDREN SHONE IN THE FURNACE,
WITH THE BEAUTY OF GODLINESS, BRIGHTER THAN MELTING GOLD,
AND THEY CRIED OUT: BLESS THE LORD, ALL WORKS OF THE LORD.
SING AND EXALT HIM THROUGHOUT ALL AGES.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
You are the chamber of radiant light from which Christ the Master of all came forth as a Bridegroom. We sing to you and cry out: Let the whole creation bless the Lord and exalt Him above all forever.

Rejoice, O glorious throne of God; rejoice, O defending wall of the faithful; for through you, Christ the Light shone forth on those in darkness who bless you and cry aloud: Let the whole creation bless the Lord and exalt Him above all forever.
R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.
O all-praised Virgin, the cause of our salvation: as you have borne the Lord, pray for all who unceasingly cry aloud: Let the whole creation bless the Lord and exalt Him above all forever.
R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

ODE NINE:
IRMOS:
THE BURNING BUSH THAT WAS NOT CONSUMED
WAS THE TYPE OF YOUR PURE CHILDBEARING, O THEOTOKOS.
NOW QUENCH FOR US THE RAGING FURNACE OF TEMPTATIONS, WE PRAY,
THAT WE MAY UNCEASINGLY MAGNIFY YOU.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
Sprung from the root of Jesse, in fulfillment of the prophecy you have blossomed. You are indeed the glory of David, for in truth, the Lord of glory whom you bore is He whom the prophets foretold and the One whom we magnify.

Every rule of praise is brought low by the greatness of your glory, O most-pure Virgin. Yet, O Lady, accept a song of praise, for it is offered to you in love by your unworthy servants who seek your aid.

Your wonders pass man's understanding; for you, O Virgin, are the only woman set above the sun. You have given all people the light of understanding in the strange wonder of your incomprehensible childbearing. Therefore, O all-pure one, we magnify you.

SUNDAY
HYMNS

TROPAR

WHEN THE STONE HAD BEEN SEALED BY THE JEWS;
WHILE THE SOLDIERS WERE GUARDING YOUR MOST PURE BODY;
YOU ROSE ON THE THIRD DAY, O SAVIOUR,
GRANTING LIFE TO THE WORLD.
THE POWERS OF HEAVEN THEREFORE CRIED TO YOU, GIVER OF LIFE:
GLORY TO YOUR RESURRECTION, O CHRIST.
GLORY TO YOUR KINGDOM.//
GLORY TO YOUR DISPENSATION, O LOVER OF MANKIND.

KONTAK

AS GOD, YOU ROSE FROM THE TOMB IN GLORY,
RAISING THE WORLD WITH YOURSELF.
HUMAN NATURE PRAISES YOU AS GOD, FOR DEATH HAS VANISHED.
ADAM EXULTS, O MASTER.
EVE REJOICES, FOR SHE IS FREED FROM BONDAGE AND CRIES TO YOU://
YOU ARE THE GIVER OF RESURRECTION TO ALL, O CHRIST.

THEOTOKOS HYMN

WHEN GABRIEL GREETED YOU, O VIRGIN,
HE CRIED OUT LIKE THE RIGHTEOUS DAVID,
FOR IN YOU, SACRED ARK, WAS THE MASTER OF ALL INCARNATE.
YOU WERE MANIFEST AS MORE SPACIOUS THAN THE HEAVENS,
FOR YOU BORE YOUR CREATOR.
GLORY TO HIM WHO DWELLS IN YOU.
GLORY TO HIM WHO COMES FORTH FROM YOU.//
GLORY TO HIM WHO FREES US THROUGH YOUR CHILD.

SUNDAY VESPERS:

LORD I CALL...

Stikhs of repentance

BY THE WORD AND THE SPIRIT, O ALL-POWERFUL LORD,
YOU CREATED ALL THINGS IN GOODNESS,
AND I WAS MADE A REASONABLE CREATURE, ENDOWED WITH SPEECH,
THAT I MIGHT PRAISE YOUR HOLY NAME.
BUT BY MY SHAMEFUL DEEDS, I BRING IT DISHONOUR: //
SPARE ME, I ENTREAT YOU, O LORD.

REMEMBER, O MY MISERABLE SOUL,
THE DIVINE NOBILITY OF YOUR DESCENT,
AND YOUR ETERNAL HOMELAND.
ALWAYS LABOUR TO ATTAIN THEM BY DOING GOOD.
YOUR DESTINY LIES IN HIGHER THINGS;
DO NOT BE CONFINED BY THOSE WHICH PASS AWAY.
YOUR BODY IS BUT EARTH, SUBJECT TO CORRUPTION. //
DO NOT LET THE LOWER TRIUMPH OVER THAT WHICH IS HIGHER.

WEEP FERVENTLY OVER ALL YOU HAVE DONE
AND COME BEFORE THE GOOD CREATOR IN CONFESSION.
ASK HIM TO PARDON YOU BEFORE THE DAY OF JUDGEMENT COMES, //
LEST HE BAR THE DOORS TO YOU, O WRETCHED SOUL.

Glory... Now and ever...

Theotokos Hymn

O MARY, WONDROUS AND BLAMELESS,
OUR PURE SUPPORT:
I AM IN DISTRESS, HELD FAST BY MY MANY SINS.
BRING ME TO THE PATH OF REPENTANCE BY YOUR STRONG PROTECTION, //
FOR YOU ARE ABLE TO DO THIS AS THE MOTHER OF THE ALMIGHTY GOD.

APOSTIKHA:

Stikhs of repentance

O SAVIOUR: I HAVE FALLEN INTO A GREAT ABYSS BECAUSE OF MY SINS,
AND MY TRANSGRESSIONS WEIGH ME DOWN.
STRETCH OUT YOUR HAND TO ME AS YOU DID TO PETER, O LORD. //
SAVE ME, O GOD, AND HAVE MERCY ON ME.

MY THOUGHTS AND DEEDS CONDEMN ME, O SAVIOUR.
GIVE ME THE THOUGHT OF TURNING BACK,
THAT I MAY CRY OUT TO YOU: //
SAVE ME, O GOD, AND HAVE MERCY ON ME.

To the martyrs

O LORD: BY THE INTERCESSIONS OF ALL THE SAINTS,
AND OF THE THEOTOKOS,
GRANT US YOUR PEACE AND HAVE MERCY ON US, //
O ONLY COMPASSIONATE ONE.

Glory... Now and ever...

Theotokos Hymn

O PURE VIRGIN, JOY OF THE HEAVENLY HOSTS,
AND INTERCESSOR FOR ALL ON EARTH:
SAVE US AS WE RUN TO YOU, //
FOR, AFTER GOD, WE PUT OUR TRUST IN YOU, O THEOTOKOS.

MONDAY:

MONDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

Of repentance

I, THE PRODIGAL, WAS CONCEIVED IN SIN
AND DARE NOT GAZE UPON THE HEIGHT OF HEAVEN.
BUT, WITH DARING, IN THE FACE OF YOUR LOVE FOR MANKIND, I CRY OUT: //
O GOD: HAVE MERCY ON ME, AND SAVE ME.

V: O Lord: rebuke me not in Your anger.

IF THE RIGHTEOUS PERSON IS SCARCELY SAVED,
WHAT WILL HAPPEN TO ME, THE SINNER ?
I HAVE NOT BORNE THE BURDEN OR THE HEAT OF THE DAY. //
NUMBER ME WITH THOSE WHO CAME AT THE ELEVENTH HOUR, O GOD, AND SAVE ME.

Glory.... Now and ever...

Theotokos Hymn

O ALL SPOTLESS THEOTOKOS, BLEST BY THE HEAVENS AND GLORIFIED ON EARTH: //
REJOICE, O UNWEDDED BRIDE.

After the final reading from the Psalter:

SESSIONAL HYMN

Of repentance and the angels

I HAVE WANDERED FAR FROM YOU IN FOLLY, O MOST MERCIFUL ONE,
WASTING MY LIFE LIKE THE PRODIGAL, SUBJECT TO UNREASONING PASSIONS.
BUT AT THE INTERCESSIONS OF THE ANGELS, O COMPASSIONATE FATHER, //
I ENTREAT YOU: RECEIVE ME AS THE PRODIGAL SON, AND SAVE ME.

R: Wonderful is God in His saints: the God of Israel.

CLOTHING THEMSELVES IN YOU, O LORD, THE MOST GLORIOUS MARTYRS
WERE THE PRIDE OF THE ARENA OF SUFFERING AND COUNTED WORTHY OF CROWNS.
BY THEIR STEADFASTNESS, THEY PUT TO FLIGHT THE TYRANTS WHO TORTURED THEM,

RECEIVING VICTORY THROUGH DIVINE POWER FROM HEAVEN.
BY THEIR PRAYERS, SET ME FREE FROM THE INVISIBLE ENEMY, //
AND SAVE ME, O SAVIOUR.

Glory... Now and ever...

Theotokos Hymn

O MAIDEN HIGHER THAN THE HOSTS OF HEAVEN
AND THE SPIRITUAL ARMIES:
YOU, O MOST PURE VIRGIN,
ARE THE ONLY ONE RIGHTLY TO RECEIVE PRAISE FROM THEM.
JOIN WITH THEM TO INTERCEDE WITH YOUR SON //
TO DELIVER ME, THE ONLY ONE RIGHTLY CONDEMNED, FROM THE TYRANNY OF PASSIONS.

APOSTIKHA

Stikhs of repentance

ANOTHER WORLD AWAITS YOU, O MY SOUL:
A JUDGE WILL SOON REVEAL YOUR SECRET AND TERRIBLE THOUGHTS AND DEEDS.
DO NOT LINGER, THEN, AMONG THE THINGS THAT ARE HERE.
ANTICIPATE THE JUDGEMENT AND CRY OUT TO THE JUDGE: //
BE MERCIFUL TO ME, O GOD, AND SAVE ME.

DO NOT REJECT ME AT THE TESTING, O MY SAVIOUR,
THOUGH I AM HELD FAST BY THE LAZINESS OF SIN.
AROUSE MY THOUGHTS TO REPENTANCE;
MAKE ME A PROVEN WORKER OF YOUR VINEYARD: //
GRANT ME THE WAGES OF THE ELEVENTH HOUR, AND GREAT MERCY.

To the martyrs

COME, O PEOPLE:
LET US HONOUR CHRIST'S SAINTS WITH SONGS AND SPIRITUAL HYMNS.
THEY WERE LIGHTS FOR THE WORLD AND PREACHERS OF THE FAITH;
EVER-FLOWING FOUNTAINS,
RELEASING STREAMS OF HEALING FOR BELIEVERS.
BY THEIR PRAYERS, O CHRIST OUR GOD, //
GRANT PEACE TO YOUR WORLD, AND TO OUR SOULS, GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

MORE HOLY THAN THE HOLY POWERS, O LADY THEOTOKOS,
MORE PRECIOUS THAN ALL CREATION,
YOU BORE THE SAVIOUR OF THE WORLD.
BY YOUR INTERCESSIONS, SINCE YOU ARE GOOD, //
SAVE US FROM ALL ERROR AND DANGER.

MONDAY VESPERS:

LORD I CALL...

Stikhs of repentance

MISERABLE WRETCH THAT I AM,
I HAVE SPENT MY WHOLE LIFE IN SHAME THAT CONDEMNS ME, O LORD,
AND LIKE THE PRODIGAL SON I HUMBLY CRY OUT TO YOU:
O HEAVENLY FATHER: I HAVE SINNED;
CLEANSE ME, AND SAVE ME;
DO NOT REJECT ME,
POOR AND NEEDY BECAUSE OF MY FRUITLESS DEEDS, //
THOUGH I FREELY DEPARTED FROM YOU.

YOU ACCEPTED POVERTY, O CHRIST,
ENRICHING MANKIND WITH IMMORTALITY AND PURITY.
YET I HAVE BEEN MADE POOR BY INDULGING IN THE PLEASURES OF THIS LIFE.
GRANT ME THE WEALTH OF VIRTUE.
NUMBER ME WITH POOR LAZARUS,
AND DELIVER ME FROM THE TORMENTS OF HADES, //
WHICH NOW AWAIT ME AMONG THE RICH.

I HAVE BECOME EXCEEDINGLY RICH IN EVIL.
I HAVE LOVED GOOD FARE.
IN MY LIFETIME I HAVE RECEIVED THE GOOD THINGS:
I AM CONDEMNED TO HADES, O LORD.
I HAVE DESPISED MY HUNGRY MIND AS IF IT WERE LAZARUS,
LAID BEFORE THE GATES OF YOUR DIVINE DISPENSATION. //
O LORD: TAKE PITY ON ME.

Glory... Now and ever...

Theotokos Hymn

THE LAMB WHO TOOK AWAY THE SIN OF THE WORLD
WAS PREACHED BY THE GREAT FORERUNNER.
JOIN WITH HIM, O VIRGIN, IN PRAYING FOR ME,
THAT, ALTHOUGH I AM UNWORTHY,
IN THE HOUR OF JUDGEMENT,
I MAY NOT BE FOUND AMONG THE GOATS,
BUT ACCEPTED AT THE LORD’S RIGHT HAND, AS HIS RIGHTEOUS SHEEP.

APOSTIKHA

Stikhs of repentance

O SAVIOUR: I HAVE FALLEN INTO A GREAT ABYSS BECAUSE OF MY SINS,
AND MY TRANSGRESSIONS WEIGH ME DOWN.
STRETCH OUT YOUR HAND TO ME AS YOU DID TO PETER, O LORD.//
SAVE ME, O GOD, AND HAVE MERCY ON ME.

MY THOUGHTS AND DEEDS CONDEMN ME, O SAVIOUR.
GIVE ME THE THOUGHT OF TURNING BACK,
THAT I MAY CRY OUT TO YOU: //
SAVE ME, O GOD, AND HAVE MERCY ON ME.

To the martyrs

IN YOUR CONFESSION OF FAITH IN THE ARENAS, O SAINTS,
YOU SPAT UPON THE STRENGTH OF DEMONS,
AND FREED ALL MANKIND FROM DELUSION.
AND, WHEN YOU WERE BEHEADED, YOU CRIED OUT:
"MAY OUR SACRIFICE BE ACCEPTABLE IN YOUR SIGHT, O LORD,
FOR, IN OUR LOVE FOR YOU, O LOVER OF MANKIND, //
WE HAVE DESPISED THIS TEMPORAL LIFE."

Glory... Now and ever...

Theotokos Hymn

O VIRGIN, WORTHY OF ALL PRAISE:
MOSES, WITH PROPHETIC EYES,
BEHELD THE MYSTERY THAT WAS TO TAKE PLACE IN YOU,
AS HE SAW THE BUSH THAT BURNED, YET WAS NOT CONSUMED;
FOR, THE FIRE OF DIVINITY DID NOT CONSUME YOUR WOMB, O PURE ONE.
THEREFORE, WE PRAY TO YOU AS THE MOTHER OF GOD, //
TO ASK PEACE, AND GREAT MERCY FOR THE WORLD.

TUESDAY:

TUESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

Of repentance

I, THE PRODIGAL, WAS CONCEIVED IN SIN
AND DARE NOT GAZE UPON THE HEIGHT OF HEAVEN.
BUT WITH DARING, IN THE FACE OF YOUR LOVE FOR MANKIND, I CRY OUT: //
O GOD, HAVE MERCY ON ME AND SAVE ME.

V: O Lord: rebuke me not in Your anger.

IF THE RIGHTEOUS PERSON BE SCARCELY SAVED,
WHAT WILL HAPPEN TO ME, THE SINNER ?
I HAVE NOT BORNE THE BURDEN OR THE HEAT OF THE DAY. //
NUMBER ME WITH THOSE WHO CAME AT THE ELEVENTH HOUR, O GOD, AND SAVE ME.

Glory... Now and ever...

Theotokos Hymn

THE FAITHFUL HAVE AN INVINCIBLE WALL IN THE THEOTOKOS.
COME, LET US FALL BEFORE HER,
FOR SHE HAS BOLDNESS BEFORE THE ONE WHO WAS BORN OF HER, //
AND DARES TO APPROACH HIM TO INTERCEDE, AND SAVE OUR SOULS.

After the final reading from the Psalter:

SESSIONAL HYMN

To the Forerunner

O JOHN: AS YOU ONCE BAPTIZED IN THE WATERS OF JORDAN FOR THE CLEANSING OF ALL,
DRAW ME TOWARDS YOU AS I SINK IN SIN.
AS A WORTHY INTERCESSOR, WASH EVERY STAIN FROM ME, //
EVER PRAYING TO HIM WHO LOVES MANKIND.

V: God is wonderful in His saints; the God of Israel.

To the martyrs

O SAINTS: AS COURAGEOUS SOLDIERS, YOU WERE OF ONE HEART IN THE FAITH,
UNAFRAID OF THE THREATS OF THE TORTURERS.

YOU TOOK UP THE CROSS AND FOLLOWED CHRIST WITH READY MINDS;
YOU COMPLETED YOUR COURSE AND RECEIVED VICTORY FROM HEAVEN.
GLORY TO HIM WHO STRENGTHENS YOU AND AWARDS YOUR CROWNS. //
GLORY TO HIM WHO, THROUGH YOU, GRANTS HEALING TO ALL.

Glory... Now and ever...

Theotokos Hymn

JOHN LEAPT IN HIS MOTHER'S WOMB, O PURE VIRGIN.
RECOGNIZING GOD BORNE IN YOU, HE WORSHIPPED IN FAITH.
I ENTREAT YOU: JOIN THE FORERUNNER TO BESEECH THE WORD WHO TOOK FLESH OF YOU, //
PRAYING THAT HE MAY SAVE YOUR SERVANT.

APOSTIKHA

Stikhs of repentance

ANOTHER WORLD AWAITS YOU, O MY SOUL:
A JUDGE WILL SOON REVEAL YOUR SECRET AND TERRIBLE THOUGHTS AND DEEDS.
DO NOT LINGER, THEN, AMONG THE THINGS THAT ARE HERE.
ANTICIPATE THE JUDGMENT, AND CRY OUT TO THE JUDGE: //
BE MERCIFUL TO ME, O GOD, AND SAVE ME.

DO NOT REJECT ME AT THE TESTING, O MY SAVIOUR,
THOUGH I AM HELD FAST BY THE LAZINESS OF SIN.
AROUSE MY THOUGHTS TO REPENTANCE;
MAKE ME A PROVEN WORKER OF YOUR VINEYARD: //
GRANT ME THE WAGES OF THE ELEVENTH HOUR, AND GREAT MERCY.

To the martyrs

THESE SOLDIERS OF THE GREAT KING
OPPOSED THE COMMANDS OF TYRANTS AND FEARLESSLY DESPISED THEIR TORMENTS.
THEY TRAMPLED ON ALL DELUSION AND WERE CROWNED MOST FITTINGLY.//
NOW, THEY ASK THE SAVIOUR FOR PEACE, AND GREAT MERCY FOR OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

O VIRGIN, WORTHY OF ALL PRAISE:
MOSES, WITH PROPHETIC EYES,
BEHELD THE MYSTERY THAT WAS TO TAKE PLACE IN YOU,
AS HE SAW THE BUSH THAT BURNED, YET WAS NOT CONSUMED;
FOR, THE FIRE OF DIVINITY DID NOT CONSUME YOUR WOMB, O PURE ONE.
THEREFORE, WE PRAY TO YOU AS THE MOTHER OF GOD, //
TO ASK PEACE, AND GREAT MERCY FOR THE WORLD.

TUESDAY VESPERS:

LORD I CALL...

Stikhs to the Cross

O CHRIST OUR GOD, NAILED AS MAN TO THE CROSS:
YOU MADE MANKIND DIVINE.
YOU KILLED THE SERPENT, THE SOURCE OF ALL EVIL,
SETTING US FREE FROM THE CURSE OF THE TREE.
IN YOUR COMPASSION, YOU TOOK THE CURSE UPON YOURSELF, //
COMING TO GRANT THE WORLD BLESSING, AND GREAT MERCY.

ALTHOUGH YOU ARE ABOVE ALL IN HONOUR, O MASTER,
YOU ACCEPTED DISHONOUR IN YOUR GOODNESS:
YOU ENDURED A SHAMEFUL DEATH ON THE CROSS,
DYING IN THE FLESH THAT MANKIND MIGHT RECEIVE IMMORTALITY, //
AND RETURN TO HIS ORIGINAL LIFE.

O MOST PRECIOUS CROSS,
WHERE THE SINS OF ALL THE FAITHFUL WERE PURIFIED:
YOU ARE THE MIGHT OF ALL WHO HOLD AUTHORITY,
SANCTIFYING ALL WHO VENERATE YOU, AND GLORIFY CHRIST.
IN HIS COMPASSION, HE STRETCHED OUT HIS PURE HANDS ON YOU, //
GATHERING INTO ONE ALL THE ENDS OF THE EARTH.

Glory... Now and ever...

Theotokos Hymn

WHEN YOU BEHELD YOUR SON AND MASTER HANGING ON THE CROSS,
HIS SIDE PIERCED WITH A SPEAR,
YOU CRIED OUT IN MOURNING, O PURE MOTHER:
WOE IS ME. HOW YOU SUFFER, LOVER OF MANKIND, //
TO TAKE AWAY THE SUFFERINGS OF THE WORLD.

APOSTIKHA

Stikhs to the Cross

THE CROSS WAS PLANTED ON THE PLACE OF THE SKULL,
AND FROM THE ETERNAL SPRING THAT FLOWED FROM THE SIDE OF THE SAVIOUR, //
IT BLOSSOMED FOR US THE FLOWER OF IMMORTALITY.

THE PRECIOUS CROSS OF THE SAVIOUR
IS OUR IMPREGNABLE WALL, //
FOR, ALL OF US WHO HAVE PUT OUR HOPE IN IT ARE SAVED.

To the martyrs

HOW GOOD IS YOUR TRADE, O SAINTS:
YOU SHED BLOOD, AND GAINED HEAVEN.
SMITTEN FOR A TIME, YOU REJOICE IN ETERNITY.
YOUR TRADE IS GOOD INDEED.
BY FORSAKING CORRUPTION, YOU INHERITED INCORRUPTION. //
WITH THE ANGELS, YOU CEASELESSLY PRAISE THE CONSUBSTANTIAL TRINITY.

Glory... Now and ever...

Theotokos Hymn

WHEN SHE BEHELD THE LAMB, HANGING ON THE CROSS,
THE UNDEFILED VIRGIN LAMENTED, AND CRIED:
O, MY SWEET CHILD,
WHAT IS THIS STRANGE AND MOST GLORIOUS SIGHT ?
HOW IS IT THAT HE, WHO HOLDS ALL THINGS IN HIS HAND, //
IS NAILED IN THE FLESH TO THE WOOD ?

WEDNESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

Of the Cross

O LORD: SAVE YOUR PEOPLE,
AND BLESS YOUR INHERITANCE.
GRANT VICTORIES TO THE ORTHODOX CHRISTIANS
OVER THEIR ADVERSARY.
AND, BY VIRTUE OF YOUR CROSS, //
PRESERVE YOUR HABITATION.

V: Extol the Lord our God; worship at His footstool for He is holy.

AT YOUR CRUCIFIXION, O CHRIST, THE TYRANT WAS LAID LOW,
AND THE POWER OF THE ENEMY WAS TRAMPLED.
GLORY TO YOU, FOR NEITHER AN ANGEL NOR A MAN, //
BUT THE LORD HIMSELF HAS SAVED US.

Glory... Now and ever...

Theotokos Hymn of the Cross

WE HAVE OBTAINED A MEDIATOR IN YOU, O MOST PURE ONE,
AND WE ARE RELEASED FROM DANGER BY YOUR SUPPLICATION.
WE ARE GUARDED IN ALL THINGS BY THE CROSS OF YOUR SON; //
THEREFORE, WE RIGHTLY MAGNIFY YOU.

After the 2nd reading from the Psalter.

SESSIONAL HYMN

Of the Cross

YOU STRETCHED OUT YOUR HANDS UPON THE CROSS, O MERCIFUL ONE,
GATHERING THOSE FAR FROM YOU TO PRAISE YOUR ABUNDANT GOODNESS.
BEHOLD NOW YOUR INHERITANCE, AND WITH YOUR PRECIOUS CROSS //
DESTROY THOSE WHO FIGHT AGAINST US.

V: Wonderful is God in His saints; the God of Israel.

WE BESEECH YOU, O LORD OF MANKIND,
TO ACCEPT, IN SUPPLICATION,
THE SUFFERING WHICH THE SAINTS ENDURED FOR YOUR SAKE, O LORD,//
AND HEAL ALL OUR INFIRMITIES.

Glory... Now and ever...

Theotokos Hymn

WHEN THE SPOTLESS VIRGIN BEHELD THE LAMB AND SHEPHERD LYING DEAD ON THE CROSS,
SHE CRIED OUT IN TEARS, LAMENTING AS A MOTHER:
O MY SON: HOW SHALL I PRAISE YOUR INEFFABLE CONDESCENSION,//
AND YOUR VOLUNTARY PASSION, O GOD MOST GOOD ?

APOSTIKHA

Of the Cross

YOU WERE NAILED TO THE TREE, GRANTING LIFE TO US.//
WE EVER HONOUR YOU AS SAVIOUR AND LORD.

THROUGH YOUR CROSS, O CHRIST,
ANGELS AND MANKIND HAVE BECOME ONE FLOCK, AND ONE CHURCH.
HEAVEN AND EARTH REJOICE.//
O LORD: GLORY TO YOU.

To the Martyrs

NO TRIBULATION, THREAT OR HUNGER,
PERSECUTION, FIRE, SWORD OR SAVAGE BEAST
COULD SEPARATE THE HOLY MARTYRS FROM GOD.
THEY WERE BOUND BY HIS LOVE, AND LIVED AS EXILES IN THIS WORLD.
THEIR SUFFERING HAS WON THEM A GLORIOUS PRIZE:
THEY INHERITED THE HEAVENLY KINGDOM,//
WHERE THEY CEASELESSLY PRAY FOR OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

AS SHE STOOD BESIDE YOUR CROSS, O WORD OF GOD,
THE EWE-LAMB, YOUR BLAMELESS MOTHER, SADLY CRIED ALOUD:
HOW CAN YOU DIE ON THE CROSS, O MY SON ?
WOE IS ME, MY SWEETEST LIGHT.
WHERE HAS YOUR BEAUTIFUL FORM NOW SET,//
O FAIRER STILL THAN ALL MORTALS ?

WEDNESDAY VESPERS:

LORD I CALL...

Stikhs to the apostles

O GLORIOUS APOSTLES OF CHRIST,
DIVINELY INSPIRED DISCIPLES:
YOU FOUND THE LORD, AND TAUGHT THE UNIVERSE,
BECOMING MEDIATORS BETWEEN GOD AND MANKIND.
YOU WERE UNITED TO JESUS AND PLAINLY PROCLAIMED HIM TO THE WORLD//
AS BOTH GOD AND PERFECT MAN.

O MOST WISE APOSTLES OF CHRIST,
DIVINELY INSPIRED DISCIPLES WHO TAUGHT THE UNIVERSE:
STRENGTHEN AND HELP ME BY YOUR PRAYERS AND HOLY TEACHINGS.
HELP ME TO WALK AT ALL TIMES ON THE NARROW WAY,//
THAT I MAY ATTAIN THE GREAT WEALTH OF PARADISE.

I SHALL EXTOL THE COMPANY CHOSEN BY GOD:
PETER, THE FIRST APOSTLE,
PAUL, JAMES, ANDREW AND PHILIP,
SIMON, BARTHOLOMEW AND THOMAS,
MATTHEW, MARK, LUKE AND JOHN, WHO WROTE THE GOSPELS,
AND WITH THEM, THE REST OF THE SEVENTY,//
FOR, THEY WERE EYE-WITNESSES OF THE WORD, AND PROCLAIMED HIM.

Glory... Now and ever...

Theotokos Hymn

THE STORMY SEA OF MY TRANSGRESSIONS SURROUNDS ME;
I TURN TO THE CALM SAFETY OF YOUR PRAYERS, O MOTHER OF GOD.//
I CRY OUT: STRETCH OUT YOUR MIGHTY ARM, AND SAVE ME, O PURE LADY.

APOSTIKHA

Stikhs to the apostles

O LYRE OF THE APOSTLES,
MANY STRINGS MOVED BY THE HOLY SPIRIT:
YOU DESTROYED THE CULTS OF EVIL DEMONS,
PROCLAIMING THE ONE GOD.
YOU DELIVERED THE PEOPLES FROM THE DELUSION OF IDOLS,//
TEACHING THEM TO WORSHIP THE CONSUBSTANTIAL TRINITY.

LET US WORTHILY PRAISE WITH ONE ACCORD PETER AND PAUL,
MATTHEW, MARK, LUKE AND JOHN,
ANDREW, THOMAS AND BARTHOLOMEW,
SIMON THE CANAANITE, JAMES AND PHILIP,//
AND THE WHOLE COMPANY OF THE DISCIPLES.

To the martyrs

O MARTYRS, WORTHY OF PRAISE:
THE EARTH DID NOT COVER YOU,
BUT HEAVEN RECEIVED YOU,
OPENING TO YOU THE GATES OF PARADISE,
WHERE YOU DWELL, DELIGHTING IN THE TREE OF LIFE.//
ENTREAT CHRIST TO GRANT OUR SOULS PEACE AND GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

REJOICE, O VIRGIN, JOY OF THE PATRIARCHS,
DELIGHT OF THE APOSTLES AND MARTYRS,//
AND THE PROTECTION OF US, YOUR SERVANTS.

THURSDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

To the martyrs

O WISE FISHERS OF ALL THE INHABITED EARTH:
YOU RECEIVED FROM GOD THE GIFT OF COMPASSION FOR ALL PEOPLE.
INTERCEDE FOR US WHO CRY ALOUD:
O LORD: SAVE YOUR PEOPLE, AND YOUR INHERITANCE.
THROUGH THE APOSTLES, SET FREE OUR SOULS//
FROM THE TRIALS AND DANGERS THAT SURROUND THEM.

V: Their voice has gone out into all the earth, and their words to the ends of the universe.

CONFOUNDING THE CRAFTY WILES OF THE ORATORS,
BY THE NET OF THE WORD HELD BY THE WOOD OF THE CROSS,
THE FISHERMEN BROUGHT LIGHT TO THE PEOPLE,
THAT THEY MIGHT REVERENTLY GLORIFY YOU, THE TRUE GOD.
THEREFORE, WE CRY TO YOU, FOR YOU GAVE THEM POWER:
GLORY TO THE FATHER AND TO THE SON.
GLORY TO THE CONSUBSTANTIAL TRINITY.//
GLORY TO HIM, WHO ENLIGHTENED THE WORLD THROUGH HIS APOSTLES.

Glory... Now and ever...

Theotokos Hymn

O THEOTOKOS, FULL OF GRACE:
YOU CONCEIVED THE FIRE OF DIVINITY WITHOUT BEING BURNED,
AND YOU BORE THE LORD, THE FOUNT OF LIFE.//
SAVE FROM DEATH THOSE WHO MAGNIFY YOU.

After the final reading from the Psalter

To St. Nicholas

O FATHER NICHOLAS: YOU WERE SEEN WHEN YOU LIVED IN MYRA.
YOU APPEAR TO US NOW, THROUGH THE FRAGRANT ANOINTING OF YOUR WONDERS.
POUR FORTH EVERLASTING MYRRH FOR THOSE WHO, THROUGH YOUR INTERCESSION,//
CELEBRATE YOUR MEMORY WITH HYMNS.

V: Wonderful is God in His saints, the God of Israel.
COME, LET US MAKE OUR SUPPLICATIONS TO THE MARTYRS OF CHRIST,
FOR THEY PLEAD FOR OUR SALVATION.
LET US APPROACH THEM WITH FAITH AND LOVE,
FOR THEY HOLD OUT THE GIFT OF HEALING,
AND AS GUARDIANS OF THE FAITH,//
THEY FRIGHTEN THE HOSTS OF DEMONS.
Glory... Now and ever...
Theotokos Hymn
O LADY THEOTOKOS: THE APOSTLES OF GOD
PROCLAIMED YOUR INEFFABLE CHILDBEARING IN DIVINE TEACHINGS.
THEY TAUGHT ALL MANKIND RIGHTLY TO HONOUR YOU.//
THROUGH THEIR INTERCESSIONS, SAVE THOSE WHO MAGNIFY YOU.

APOSTIKHA

Stikhs to the apostles

O LYRE OF THE APOSTLES,
MANY STRINGS MOVED BY THE HOLY SPIRIT:
YOU DESTROYED THE CULTS OF EVIL DEMONS,
PROCLAIMING THE ONE GOD.
YOU DELIVERED THE PEOPLES FROM THE DELUSION OF IDOLS,//
TEACHING THEM TO WORSHIP THE CONSUBSTANTIAL TRINITY.

LET US WORTHILY PRAISE WITH ONE ACCORD PETER AND PAUL,
MATTHEW, MARK, LUKE AND JOHN,
ANDREW, THOMAS AND BARTHOLOMEW,
SIMON THE CANAANITE, JAMES AND PHILIP,//
WITH THE WHOLE COMPANY OF THE DISCIPLES.

To the martyrs

O MARTYRS: REJOICE IN THE LORD.
YOU HAVE FOUGHT THE GOOD FIGHT;
YOU RESISTED KINGS AND CONQUERED TYRANTS;
YOU WERE NOT ALARMED BY FIRE AND SWORD.
WHEN WILD BEASTS WERE DEVOURING YOUR BODIES,
YOU SENT UP A HYMN TO CHRIST WITH THE ANGELS.
YOU RECEIVED YOUR CROWNS FROM THE HEAVENS,
BESEECHING THAT PEACE MAY BE GRANTED TO THE WORLD,//
AND TO OUR SOULS, GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

LET US PRAISE THE VIRGIN IN PROPHETIC STYLE:
SHE IS THE GOLDEN JAR OF MANNA,
THE BUSH THAT WAS NOT CONSUMED,
THE TABLE AND THE THRONE,
THE GOLDEN CANDLESTICK THAT HELD THE LIGHT,
THE UNHEWN MOUNTAIN,//
THE ARK OF SANCTIFICATION, AND THE GATE OF GOD.

THURSDAY VESPERS:

LORD I CALL...

Stikhs of the Cross

YOU STRETCHED OUT YOUR PURE HANDS UPON THE CROSS, O CHRIST,
CALLING TO YOURSELF THOSE THAT WERE FAR, AND BRINGING THEM NEAR.
GATHER ME ALSO TO YOU, FOR I AM THE CAPTIVE OF MY PASSIONS,
AND GRANT ME REPENTANCE,//
PURIFYING ME FROM EVERY STAIN MADE BY PASSION.

YOU LIFTED UP YOUR HANDS UPON THE CROSS, O CHRIST,
AND YOUR FINGERS WERE SOAKED WITH BLOOD
IN YOUR DESIRE TO DELIVER ADAM, THE WORK OF YOUR HANDS,
HELD IN THE KINGDOM OF HADES BY HIS TRANSGRESSIONS.//
YOU RAISED HIM BY YOUR MIGHTY POWER, O LOVER OF MANKIND.

THOUGH BY NATURE YOU ARE CHANGELESS GOD,
NOT SUBJECT TO SUFFERING, UNORIGINATE AND SINLESS CHRIST,
YOU WERE CRUCIFIED WITH EVIL-DOERS FOR OUR SAKE, O SAVIOUR.
THE SUN WAS DARKENED, UNABLE TO BEHOLD THE SIGHT,//
AND THE WHOLE EARTH SHOOK, ACKNOWLEDGING YOU, THE CREATOR OF THE WORLD.

Glory... Now and ever...

Theotokos Hymn

AT THE SIGHT OF HER SON CRUCIFIED,
THE VIRGIN LAMENTED WITH TEARS IN HER EYES:
O MY SWEETEST CHILD AND LORD:
YOU WERE GIVEN BITTER VINEGAR FOR YOUR PAIN AND SUFFERING.
NOW, AS THE RIGHTEOUS JUDGE,//
WE AWAIT YOUR RESURRECTION IN ALL YOUR MIGHT AND POWER.

APOSTIKHA

Stikhs to the Cross

THE CROSS WAS PLANTED ON THE PLACE OF THE SKULL,
AND FROM THE ETERNAL SPRING
THAT FLOWED FROM THE SIDE OF THE SAVIOUR,//
IT BLOSSOMED FOR US THE FLOWER OF IMMORTALITY.

THE PRECIOUS CROSS OF THE SAVIOUR
IS OUR IMPREGNABLE WALL,//
FOR ALL OF US WHO HAVE PUT OUR HOPE IN IT ARE SAVED.

To the martyrs

HOW GOOD IS YOUR TRADE, O SAINTS:
YOU SHED BLOOD AND GAINED HEAVEN.
SMITTEN FOR A TIME, YOU REJOICE IN ETERNITY.
YOUR TRADE IS GOOD INDEED.
BY FORSAKING CORRUPTION, YOU INHERITED INCORRUPTION.//
WITH THE ANGELS YOU CEASELESSLY PRAISE THE CONSUBSTANTIAL
TRINITY.

Glory... Now and ever...

Theotokos Hymn

AS SHE BEHELD YOU WRONGFULLY SLAIN, O CHRIST,
THE VIRGIN LAMENTED AND CRIED OUT TO YOU:
O MY SWEETEST CHILD,
HOW IS IT THAT YOU SUFFER UNJUSTLY ?
HOW IS IT THAT YOU, THAT HUNG THE WHOLE EARTH UPON THE WATERS
HANG UPON THE WOOD ?
I, YOUR MOTHER AND HANDMAID, ENTREAT YOU://
O MOST MERCIFUL BENEFACTOR, DO NOT LEAVE ME ALONE.

FRIDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

To the Cross

O LORD: SAVE YOUR PEOPLE,
AND BLESS YOUR INHERITANCE.
GRANT VICTORIES TO THE ORTHODOX CHRISTIANS,
OVER THEIR ADVERSARY.
AND BY VIRTUE OF YOUR CROSS,//
PRESERVE YOUR HABITATION.

V: Extol the Lord our God, worship at His footstool for He is holy.
AT YOUR CRUCIFIXION, O CHRIST, THE TYRANT WAS LAID LOW,
AND THE POWER OF THE ENEMY WAS TRAMPLED.
GLORY TO YOU, FOR NEITHER AN ANGEL NOR A MAN,//
BUT THE LORD HIMSELF, HAS SAVED US.
Glory... Now and ever...

Theotokos Hymn

AS I BEHOLD YOU, MY GRACIOUS SON AND ALL-POWERFUL GOD,
STRIPPED NAKED AND DEAD UPON THE WOOD,
I AM PIERCED TO THE HEART AND DEEPLY TROUBLED.
THE BLAMELESS VIRGIN CRIED OUT, LIFTING HER VOICE AND LAMENTING.
LET US SING HER PRAISES AS THE MOTHER OF THE LORD,//
AND SO RIGHTLY GLORIFY HER WITH FAITH.

After the 2nd reading from the Psalter

SESSIONAL HYMN

To the Cross

WHEN YOU WERE NAILED OF YOUR OWN WILL UPON THE CROSS, O COMPASSIONATE LORD,
YOU MADE US DIVINE AND DESTROYED THE CORRUPTIBLE DRAGON, THE ENEMY OF MANKIND.
ESTABLISH EVEN NOW THE ORTHODOX FAITH AMONG MEN,//
DESTROYING ALL HERESIES BY YOUR PRECIOUS CROSS.

V: Wonderful is God in His saints; the God of Israel.
CLOTHING THEMSELVES IN YOU, O LORD,
THE MOST GLORIOUS MARTYRS
WERE THE PRIDE OF THE ARENA OF SUFFERING

AND COUNTED WORTHY OF CROWNS.
BY THEIR STEADFASTNESS, THEY PUT TO FLIGHT THE TRANSGRESSORS WHO TORTURED THEM,
RECEIVING THE VICTORY THROUGH DIVINE POWER FROM HEAVEN.
BY THEIR PRAYERS, SET ME FREE FROM THE INVISIBLE ENEMY,//
AND SAVE ME, O SAVIOUR.

Glory... Now and ever...

Theotokos Hymn

WHEN THE SPOTLESS VIRGIN BEHELD THE LAMB AND SHEPHERD LYING DEAD ON THE CROSS,
SHE CRIED OUT IN TEARS, LAMENTING AS A MOTHER:
HOW SHALL I PRAISE YOUR INEFFABLE CONDESCENSION, O MY SON,//
AND YOUR VOLUNTARY PASSION, O GOD MOST GOOD ?

APOSTIKHA

Of the Cross

YOU WERE NAILED TO THE TREE,
GRANTING LIFE TO US.//
WE EVER HONOUR YOU AS SAVIOUR AND LORD.

THROUGH YOUR CROSS, O CHRIST,
ANGELS AND MEN HAVE BECOME ONE FLOCK AND ONE CHURCH.
HEAVEN AND EARTH REJOICE.//
O LORD: GLORY TO YOU.

To the Martyrs

NO TRIBULATION, THREAT OR HUNGER,
PERSECUTION, FIRE, SWORD OR SAVAGE BEAST
COULD SEPARATE THE HOLY MARTYRS FROM GOD.
THEY WERE BOUND BY HIS LOVE AND LIVED AS EXILES IN THIS WORLD.
THEIR SUFFERING HAS WON THEM A GLORIOUS PRIZE:
THEY INHERITED THE HEAVENLY KINGDOM,//
WHERE THEY CEASELESSLY PRAY FOR OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

YOU WERE LIFTED ON THE CROSS LIKE AN INNOCENT LAMB,
O COMPASSIONATE ONE.
YOU WERE WILLINGLY SLAIN, SWEETEST CHILD.
THE SPOTLESS EWE-LAMB CRIED WITH TEARS
WHEN SHE SAW THE LORD UPON THE TREE:
“AS FOR ME, MY HEART IS ON FIRE AND I AM WOUNDED,//
BUT I SING THE PRAISES OF YOUR INFINITE MERCY.”

FRIDAY VESPERS:

LORD I CALL...

Stikhs to the saints

O LORD: BY THE INTERCESSIONS OF ALL THE SAINTS,
AND OF THE THEOTOKOS,
GRANT US YOUR PEACE AND HAVE MERCY ON US,//
O ONLY COMPASSIONATE ONE.

IN YOUR CONFESSION OF FAITH IN THE ARENAS, O SAINTS,
YOU SPAT UPON THE STRENGTH OF DEMONS
AND FREED ALL MANKIND FROM DELUSION.
AND WHEN YOU WERE BEHEADED, YOU CRIED ALOUD:
MAY OUR SACRIFICE BE ACCEPTABLE IN YOUR SIGHT, O LORD,
FOR IN OUR LOVE FOR YOU, O LOVER OF MANKIND,//
WE HAVE DESPISED THIS TEMPORAL LIFE.

HOW GOOD IS YOUR TRADE, O SAINTS:
YOU SHED BLOOD AND GAINED HEAVEN.
SMITTEN FOR A TIME, YOU REJOICE IN ETERNITY.
YOUR TRADE IS GOOD INDEED.
BY FORSAKING CORRUPTION, YOU INHERITED INCORRUPTION.//
WITH THE ANGELS, YOU CEASELESSLY PRAISE THE CONSUBSTANTIAL
TRINITY.

Glory... Now and ever...

Theotokos Hymn

LET US PRAISE THE VIRGIN MARY—
THE GATE OF HEAVEN, THE GLORY OF THE WORLD,
THE SONG OF THE ANGELS, THE BEAUTY OF THE FAITHFUL.
SHE WAS BORN OF MAN, YET GAVE BIRTH TO GOD.
SHE WAS REVEALED AS THE HEAVEN, AS THE TEMPLE OF THE GODHEAD.
SHE DESTROYED THE WALL OF ENMITY.
SHE COMMENCED THE PEACE, SHE OPENED THE KINGDOM.
SINCE SHE IS OUR FOUNDATION OF FAITH,
OUR DEFENDER IS THE LORD WHOM SHE BORE.
COURAGE. COURAGE, O PEOPLE OF GOD,
FOR CHRIST WILL DESTROY OUR ENEMIES,//
SINCE HE IS ALL POWERFUL.

APOSTIKHA

Stikhs to the martyrs

O MARTYRS, WORTHY OF PRAISE:
THE EARTH DID NOT COVER YOU,
BUT HEAVEN RECEIVED YOU,
OPENING TO YOU THE GATES OF PARADISE,
WHERE YOU DWELL, DELIGHTING IN THE TREE OF LIFE.//
ENTREAT CHRIST TO GRANT OUR SOULS PEACE, AND GREAT MERCY.

For the departed

WHAT EARTHLY PLEASURE IS NOT MARKED BY SORROW ?
WHAT GLORY ON THIS EARTH REMAINS UNCHANGED ?
ALL THINGS ARE FEEBLE SHADOWS AND DELUDING DREAMS,
FOR IN A SINGLE MOMENT, DEATH SHALL TAKE ALL AWAY.
BUT IN THE LIGHT OF YOUR COUNTENANCE, O CHRIST,
AND IN THE JOY OF YOUR BEAUTY,
GIVE REST TO THOSE WHOM YOU HAVE CHOSEN,//
SINCE YOU ARE THE LOVER OF MANKIND.

NO ONE, NO ONE, IS SINLESS EXCEPT YOU, O IMMORTAL ONE.
THEREFORE, AS THE COMPASSIONATE GOD,
ESTABLISH YOUR SERVANTS IN YOUR LIGHT IN COMPANY WITH THE ANGELIC CHOIR.
IN YOUR GOODNESS, PASS OVER THEIR TRANSGRESSIONS,//
AND GRANT THEM FORGIVENESS.

Glory... Now and ever...

Theotokos Hymn

THE GREAT MIRACLE BY WHICH YOU GAVE BIRTH, O BRIDE OF GOD,
IS INCOMPREHENSIBLE INDEED.
ALL THE PROPHETS FORETOLD THE CONCEPTION,
WHICH IS BEYOND WORDS AND UNDERSTANDING,
AND THE BIRTH OF YOUR SON, WHO HAS SAVED THE WORLD,//
FOR HE IS THE LOVER OF MANKIND.

SATURDAY MATINS:

After the 1st reading from the Psalter

SESSIONAL HYMN

To the saints

AS COURAGEOUS SOLDIERS, SAINTS, YOU WERE OF ONE HEART IN THE FAITH,
UNAFRAID OF THE THREATS OF THE TORTURERS.
YOU TOOK UP THE CROSS AND FOLLOWED CHRIST WITH READY MINDS;
YOU COMPLETED YOUR COURSE AND RECEIVED VICTORY FROM HEAVEN.
GLORY TO HIM WHO STRENGTHENS YOU, AND AWARDS YOU YOUR CROWNS.//
GLORY TO HIM WHO, THROUGH YOU, GRANTS HEALING TO ALL.

V: God is wonderful in His saints; the God of Israel.

WE BESEECH YOU, O LORD OF MANKIND,
TO ACCEPT IN SUPPLICATION
THE SUFFERING WHICH THE SAINTS ENDURED FOR YOUR SAKE, O LORD,//
AND HEAL ALL OUR INFIRMITIES.

Glory... Now and ever...

Theotokos Hymn

WHEN GABRIEL GREETED YOU, O VIRGIN,
HE CRIED OUT LIKE THE RIGHTEOUS DAVID,
FOR IN YOU, O SACRED ARK, WAS THE MASTER OF ALL INCARNATE.
YOU WERE MANIFEST AS MORE SPACIOUS THAN THE HEAVENS,
FOR YOU BORE YOUR CREATOR.
GLORY TO HIM WHO DWELLS IN YOU.
GLORY TO HIM WHO COMES FORTH FROM YOU.//
GLORY TO HIM WHO FREES US THROUGH YOUR CHILD.

After the final reading from the Psalter

SESSIONAL HYMN

For the departed

YOU HAVE DESTROYED THE POWER OF DEATH, O CHRIST,
POURING IMMORTALITY UPON ALL MEN.
THOSE WHO BELIEVE IN YOU WILL NOT PERISH,
BUT IN YOU WILL FIND EVERLASTING LIFE.
GIVE REST, THEREFORE, O LORD TO THE SOULS OF YOUR SERVANTS,

THROUGH THE PRAYERS OF THE THEOTOKOS.
MAKE THEM WORTHY TO BE WITH THE SAINTS,//
GRANTING THEM MERCY AND RESURRECTION.

V: Blessed are those whom You have chosen and taken, O Lord.

GIVE REST, IN A PLACE OF LIGHT WITH THE CHOIR OF THE RIGHTEOUS
TO THOSE WHO HAVE DEPARTED AND STAND BEFORE YOU, O SAVIOUR.
FOR IN YOU, O LOVER OF MANKIND, HAVE THEY PUT THEIR TRUST:
ACCEPT, IN YOUR COMPASSION,
THE PRAYERS OF THOSE WHO COME AFTER THEM,//
AND MAKE US WORTHY AS WE STAND BEFORE YOU.

Glory... Now and ever...

Theotokos Hymn

O FULL OF GRACE: CREATION EXULTS,
BECAUSE IT BEHELD IN YOU A WONDER OF WONDERS.
FOR YOU CONCEIVED WITHOUT SEED
AND INEFFABLY GAVE BIRTH TO HIM
UPON WHOM THE COMMANDERS OF THE HOSTS OF ANGELS DARE NOT GAZE://
BESEECH HIM THAT OUR SOULS MAY BE SAVED.

APOSTIKHA

To the martyrs

COME, O PEOPLE: LET US HONOUR CHRIST'S SAINTS WITH SONGS AND SPIRITUAL HYMNS.
THEY WERE LIGHTS FOR THE WORLD AND PREACHERS OF THE FAITH;
EVER-FLOWING FOUNTAINS,
RELEASING STREAMS OF HEALING FOR BELIEVERS.
BY THEIR PRAYERS, O CHRIST OUR GOD,//
GRANT PEACE TO YOUR WORLD, AND TO OUR SOULS, GREAT MERCY.

For the departed

V: Blessed are those whom You have chosen and taken, O Lord.
WE ENTREAT YOU, O SAVIOUR:
GIVE THE DEPARTED A SHARE IN THE LIFE OF BLESSEDNESS WITH YOU.
GIVE THEM REST IN THE TABERNACLES OF THE RIGHTEOUS,
IN THE MANSIONS OF YOUR SAINTS,
IN THE HEAVENLY DWELLINGS.//
IN YOUR TENDER MERCY PASS OVER THEIR OFFENCES, GRANTING THEM REST.

V: Their memorial is from generation to generation.
YOUR PROMISED BLESSINGS, O SAVIOIR,
ARE HIGHER THAN ALL VISIBLE THINGS:
THEY ARE THOSE WHICH EYE HAS NOT SEEN NOR EAR HEARD,
NOR HAVE THEY EVER ENTERED INTO THE HEART OF MAN.
GIVE THOSE WHO HAVE DEPARTED TO YOU A SHARE IN THESE BLESSINGS,//
AND GRANT THEM LIFE ETERNAL.
Glory... Now and ever...

Theotokos Hymn

PRAY TO CHRIST YOUR CHILD, O VIRGIN MOTHER,
THAT HE MAY GRANT FORGIVENESS OF SINS TO YOUR SERVANTS
WHO WITH TRUE FAITH IN THE TEACHINGS OF THE CHURCH
PROCLAIM YOU TO BE THE THEOTOKOS,//
COUNTING THEM WORTHY OF THE RADIANCE AND GLORY OF THE SAINTS IN HIS KINGDOM.

DAILY THEOTOKOS HYMNS:

SATURDAY AND SUNDAY: (*FRIDAY & SATURDAY EVENINGS*)

WHEN GABRIEL GREETED YOU, O VIRGIN,
HE CRIED OUT LIKE THE RIGHTEOUS DAVID,
FOR IN YOU, SACRED ARK, WAS THE MASTER OF ALL INCARNATE.
YOU WERE MANIFEST AS MORE SPACIOUS THAN THE HEAVENS,
FOR YOU BORE YOUR CREATOR.
GLORY TO HIM WHO DWELLS IN YOU.
GLORY TO HIM WHO COMES FORTH FROM YOU.//
GLORY TO HIM WHO FREES US THROUGH YOUR CHILD.

MONDAY: (*SUNDAY EVENING*)

CREATION EXULTS, O FULL OF GRACE,
BECAUSE IT BEHELD IN YOU A WONDER OF WONDERS.
FOR YOU CONCEIVED WITHOUT SEED
AND INEFFABLY GAVE BIRTH TO HIM
UPON WHOM THE COMMANDERS OF THE HOSTS OF ANGELS DARE NOT
GAZE://
BESEECH HIM THAT OUR SOULS MAY BE SAVED.

TUESDAY & THURSDAY: (*MONDAY & WEDNESDAY EVENINGS*)

O THEOTOKOS, FULL OF GRACE:
YOU CONCEIVED THE FIRE OF DIVINITY WITHOUT BEING BURNED,
AND YOU BORE THE LORD, THE FOUNT OF LIFE.//
SAVE FROM DEATH THOSE WHO MAGNIFY YOU.

WEDNESDAY & FRIDAY: (*TUESDAY & THURSDAY EVENINGS*)

WE HAVE ACQUIRED YOUR PROTECTION, O IMMACULATE ONE:
WE HAVE BEEN REDEEMED BY YOUR SUPPLICATIONS,
AND WE HAVE ALWAYS BEEN GUARDED BY THE CROSS OF YOUR SON.//
THEREFORE WE ALL RIGHTLY MAGNIFY YOU.

MATINS DISMISSAL THEOTOKOS HYMNS:

MONDAY, WEDNESDAY, THURSDAY & FRIDAY MORNINGS:

REJOICE, O MOST PURE THEOTOKOS AND UNWEDDED BRIDE://
YOU ARE BLESSED IN THE HEAVENS, AND GLORIFIED ON EARTH.

TUESDAY & SATURDAY MORNINGS:

BEYOND SPEECH AND UNDERSTANDING,
WITHOUT A FATHER, O THEOTOKOS,
YOU BORE THE ONE WHO IS WITHOUT MOTHER IN HEAVEN://
BESEECH HIM TO SAVE OUR SOULS.

TONE 2

SATURDAY VESPERS:

LORD I CALL...

COME, LET US WORSHIP THE WORD OF GOD,
BEGOTTEN OF THE FATHER BEFORE ALL AGES,
AND INCARNATE OF THE VIRGIN MARY.
HAVING ENDURED THE CROSS,
HE WAS BURIED AS HE HIMSELF DESIRED.//
AND HAVING RISEN FROM THE DEAD, HE SAVED ME, THE ERRING ONE.

CHRIST OUR SAVIOUR
NAILED TO THE CROSS THE BOND AGAINST US,
HE VOIDED IT AND DESTROYED THE DOMINION OF DEATH.//
WE FALL DOWN BEFORE HIS RESURRECTION ON THE THIRD DAY.

WITH THE ARCHANGELS
LET US PRAISE THE RESURRECTION OF CHRIST.
HE IS OUR SAVIOUR, OUR REDEEMER.
HE IS COMING WITH AWESOME GLORY AND MIGHTY POWER//
TO JUDGE THE WORLD WHICH HE MADE.

Anatolian Stikhs:

THE ANGEL PROCLAIMED YOU
THE CRUCIFIED AND BURIED MASTER.
HE TOLD THE WOMEN: COME, SEE THE PLACE WHERE HE LAY.
HE IS RISEN AS HE SAID
FOR HE IS ALMIGHTY.
WE WORSHIP YOU, O ONLY IMMORTAL ONE.//
O CHRIST, THE GIVER OF LIFE: HAVE MERCY ON US.

BY YOUR CROSS, YOU DESTROYED THE CURSE OF THE TREE.
BY YOUR BURIAL, YOU DESTROYED THE DOMINION OF DEATH.
BY YOUR RISING, YOU ENLIGHTENED THE HUMAN RACE.//
O BENEFACTOR, CHRIST OUR GOD: GLORY TO YOU.

THE GATES OF DEATH OPENED TO YOU FROM FEAR, O LORD.
WHEN THE GUARDS OF HELL SAW YOU THEY WERE AFRAID,
FOR YOU DEMOLISHED THE GATES OF BRASS AND SMASHED THE IRON

CHAINS.//
YOU HAVE LED US FROM THE DARKNESS AND THE SHADOWS OF DEATH,
AND HAVE BROKEN OUR BONDS.

LET US COME AND WORSHIP IN THE HOUSE OF THE LORD,
SINGING THE HYMN OF SALVATION:
CLEANSE OUR SINS, FOR YOU WERE CRUCIFIED AND RAISED FROM THE DEAD,//
AND ARE IN THE BOSOM OF THE FATHER.

3 Stikhs from the menaion

Dogmatic

THE SHADOW OF THE LAW PASSED WHEN GRACE CAME.
AS THE BUSH BURNED, YET WAS NOT CONSUMED,
SO THE VIRGIN GAVE BIRTH, YET REMAINED A VIRGIN.
THE RIGHTEOUS SUN HAS RISEN INSTEAD OF A PILLAR OF FLAME.//
INSTEAD OF MOSES, CHRIST, THE SALVATION OF OUR SOULS.

APOSTIKHA

YOUR RESURRECTION, O CHRIST OUR SAVIOUR,
HAS ENLIGHTENED THE WHOLE UNIVERSE,
RECALLING YOUR CREATION.//
GLORY TO YOU, O ALMIGHTY LORD.

V: The Lord is King, He is robed in majesty.

O SAVIOUR:
BY THE TREE YOU DESTROYED THE CURSE OF THE TREE.
BY YOUR BURIAL YOU MORTIFIED THE MAJESTY OF DEATH.
YOU HAVE ENLIGHTENED OUR RACE BY YOUR RESURRECTION.//
O GIVER OF LIFE, CHRIST OUR GOD: GLORY TO YOU.

V: For He has established the world, so that it shall never be moved.

O CHRIST: WHEN YOU WERE SEEN NAILED TO THE CROSS,
YOU RESTORED THE BEAUTY OF YOUR CREATURES.
THE SOLDIERS SHOWED THEIR INHUMANITY WHEN THEY PIERCED YOUR SIDE WITH A SPEAR.
THE HEBREWS NOT KNOWING YOUR POWER ASKED THAT YOUR TOMB MIGHT BE SEALED,
BUT THROUGH THE MERCY OF YOUR COMPASSION,
YOU ACCEPTED THE TOMB AND ROSE ON THE THIRD DAY.//
O LORD: GLORY TO YOU.

V: Holiness befits Your house, Lord, for evermore.

O CHRIST, THE GIVER OF LIFE:
FOR THE SAKE OF THE DEAD YOU VOLUNTARILY ENDURED DEATH,
DESCENDING INTO HADES AS THE MIGHTY ONE,
TO SAVE THOSE WHO AWAITED YOUR COMING,
GRANTING THEM THE LIFE OF PARADISE INSTEAD OF HADES.
GRANT ALSO TO US WHO GLORIFY YOUR RESURRECTION ON THE THIRD DAY//
CLEANSING OF OUR SINS AND GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

A NEW MIRACLE SURPASSES ALL ANCIENT MIRACLES.
WHO KNOWS OF A MOTHER WHO GAVE BIRTH WITHOUT A MAN,

WHO CARRIED IN HER ARMS HER CREATOR ?
THIS BIRTH IS THE WILL OF GOD.
SINCE YOU CARRIED HIM AS AN INFANT IN YOUR ARMS, O MOST PURE ONE,
AND SINCE YOU POSSESS MOTHERLY BOLDNESS BEFORE HIM:
DO NOT CEASE PRAYING FOR US WHO HONOUR YOU,//
THAT HE MAY BE BOUNTIFUL AND SAVE OUR SOULS.

SUNDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

THE NOBLE JOSEPH
TOOK DOWN YOUR MOST PURE BODY FROM THE TREE
AND WRAPPED IT IN FINE LINEN AND ANOINTED IT WITH SPICES
AND LAID IT IN A NEW TOMB.
BUT YOU AROSE ON THE THIRD DAY, O LORD,//
GRANTING THE WORLD GREAT MERCY.

V: Arise, O Lord my God: lift up Your hand; do not forget Your poor forever.

THE ANGEL CAME TO THE MYRRHBEARING WOMEN AT THE TOMB AND SAID:
MYRRH IS FITTING FOR THE DEAD,
BUT CHRIST HAS SHONE HIMSELF A STRANGER TO CORRUPTION,
SO PROCLAIM THE LORD IS RISEN//
GRANTING THE WORLD GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

YOU ARE MOST GLORIOUS, O VIRGIN THEOTOKOS.
WE PRAISE YOU, FOR THROUGH THE CROSS OF YOUR SON,
HELL IS LAID LOW AND DEATH IS SLAIN.
WE WHO WERE DEAD IN SIN HAVE RISEN AND HAVE BEEN GRANTED LIFE.
WE HAVE OBTAINED PARADISE, OUR FORMER DELIGHT.
THEREFORE WE THANK AND GLORIFY CHRIST OUR GOD,//
FOR HE ALONE IS MIGHTY AND GREAT IN MERCY.

After the final reading from the Psalter

SESSIONAL HYMN

GLORY TO YOU, O LORD,
FOR WITHOUT HINDERING THE STONE OF THE TOMB FROM BEING SEALED//
YOU ROSE AND GRANTED THE ROCK OF FAITH TO ALL.

V: I will praise You, Lord, with my whole heart; I will speak of all Your marvellous works.

THE CHOIR OF THE DISCIPLES, JOINING THE MYRRHBEARING WOMEN,
REJOICED WITH ONE ACCORD.
FOR THEY KEPT THE FEAST WITH THEM IN THE SAME CELEBRATION
TO THE GLORY AND HONOUR OF YOUR RESURRECTION.
THROUGH THEM, O LORD AND LOVER OF MANKIND,//
GRANT YOUR PEOPLE GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

YOU ARE MOST BLESSED, O VIRGIN THEOTOKOS,
FOR THROUGH THE ONE WHO WAS BORN OF YOU
HELL HAS BEEN CAPTURED AND ADAM RECALLED.
THE CURSE HAS BEEN ANNULLED AND EVE SET FREE.
DEATH HAS BEEN SLAIN SO WE ARE GRANTED LIFE.//
BLESSED IS CHRIST OUR GOD, WHOSE GOOD WILL IT WAS. GLORY TO YOU.

THE CANON

ODE ONE:

FIRST CANON

IRMOS:
A TRIUMPHANT FORCE IN DAYS OF OLD
DESTROYED THE ARMIES OF PHARAOH IN THE DEEP,
AS THE GLORIOUS LORD, THE WORD INCARNATE,
HAS DESTROYED MALIGNANT SIN,
FOR GLORIOUSLY HAS HE BEEN GLORIFIED.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
For disobeying Your commandment, we were enrolled in the books of the prince of this world. But, O Good One, he has been condemned by Your Cross. For attacking you as a mortal, he fell under the dominion of your power and was exposed in his weakness.

You came into the world, O Deliverer of the human race and Author of incorruptible life. Through Your Resurrection, which we glorify, You rent the grave clothes of death: for gloriously has He been glorified.

R: O MOST HOLY THEOTOKOS: SAVE US.

You appeared, higher than all the visible and invisible creation, O pure and ever Virgin, for you bore the Creator Who willed to take flesh from your womb. Pray to Him with boldness to save our souls.

SECOND CANON

IRMOS:

ACROSS THE STRANGE AND TRACKLESS PATH THROUGH THE SEA
CHOSEN ISRAEL MADE THE JOURNEY, CRYING OUT:
LET US SING TO THE LORD, FOR HE IS GLORIFIED.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

O Christ: by Your Passion in the flesh, You have become the strength of the weak, the Resurrection of the fallen, and incorruption for the dead: for gloriously has He been glorified.

The creating and restoring God who was dead took pity on His fallen and broken image and raised it up: for gloriously has He been glorified.

Theotokos Hymn

The Sun of righteousness passed through the closed gate of your impassible womb, O pure Virgin, and shone upon the world: for gloriously has He been glorified.

ODE THREE:

FIRST CANON

IRMOS:

THE DESERT, THE BARREN CHURCH OF THE GENTILES,
BLOSSOMED AS A LILY AT YOUR COMING, O LORD,
IN WHICH MY HEART IS ESTABLISHED.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

Creation was confounded at Your Passion, as it beheld You, who had established the universe by mere inclination of Your will appear in poverty and mocked by lawless men.

With Your hand, O Christ, You fashioned me from the dust in Your own image, and when through sin, I lay in the dust of death, You went down to Hades with me, raising me up with Yourself.

Theotokos Hymn

The ranks of angels were amazed at your giving birth, and the hearts of men trembled, O all-pure Virgin. Therefore we honour you in faith, O Theotokos.

SECOND CANON

IRMOS:

BY YOUR POWER, O CHRIST
THE BOW OF THE MIGHTY ONE IS BROKEN

AND THE FEEBLE GIRD ON STRENGTH.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars: Christ, who is above all things, by His passion in the flesh was made lower than the angels. Numbered as dead among the transgressors, O Christ, You appeared to the women after Your Resurrection shining in a crown of glory.

Theotokos Hymn

Let us, the faithful, praise the womb that is more spacious than the heavens, for through it Adam rejoices, living as a citizen of heaven.

ODE FOUR:

FIRST CANON

IRMOS:

YOU HAVE COME FORTH FROM A VIRGIN,
NEITHER ANGEL NOR MESSENGER,
BUT THE LORD HIMSELF MADE FLESH.
AND YOU HAVE BROUGHT SALVATION TO ME, WHO AM MAN.
THEREFORE I CRY OUT TO YOU:
GLORY TO YOUR POWER, O LORD.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

You are my God who stood condemned before the judgment seat. You did not cry out, O Lord, as judgment was brought upon the nations. Therefore You have wrought salvation in the earth through Your Passion, O Christ.

The weapons of the enemy failed before Your Passion. The cities of the adversary were destroyed and the tyrant's insolence overthrown by Your descent into Hades.

Theotokos Hymn

We, the faithful, all know you, O Lady Theotokos, as a haven of salvation, the rampart of an invincible city, for by your prayers you deliver our souls from danger.

SECOND CANON

IRMOS:

O LORD: I HAVE HEARD OF YOUR GLORIOUS DISPENSATION
AND I GLORIFY YOUR IMMEASURABLE POWER, ONLY LOVER OF MANKIND.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

As she beheld You, nailed to the Wood, the Virgin who bore You without pain, O Christ, suffered the anguish of a mother.

Death is conquered. The One who died has despoiled the gates of Hades. He who

devours all has been devoured, and all things past nature are given to me.

Theotokos Hymn

O Virgin: you alone were counted worthy of the divine calling, for you gave birth beyond the laws of nature to Him who rules creation.

ODE FIVE:

FIRST CANON

IRMOS:

YOU ARE THE MEDIATOR BETWEEN GOD AND MANKIND,
FOR THROUGH YOU, O MASTER, CHRIST OUR GOD,
WE HAVE ACCESS FROM THE DARKNESS OF IGNORANCE,
TO YOUR FATHER, THE AUTHOR OF LIGHT

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

O Christ: although it was as strong as a cedar, You broke the insolence of the enemy, for You willed to be lifted up in the flesh upon the cypress, the pine, and the cedar, O Lord.

O Christ: they laid You, without breath, in the lowest pit, but by Your wounds You have raised with Yourself the wounded and forgotten who slept in the graves.

Theotokos Hymn

Pray to your Son and Lord, O pure Virgin, to grant deliverance to prisoners, and peace from the enemies surrounding those who trust in you.

SECOND CANON

IRMOS:

AS THE BURNING COAL THAT APPEARED TO ISAIAH,
SO A SUN AROSE FROM THE WOMB OF THE VIRGIN,
BRINGING THE LIGHT OF THE KNOWLEDGE OF GOD
TO THOSE WHO WANDERED IN THE DARKNESS.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

The first Adam, refusing to fast, tastes from the tree of death, but the second is crucified and utterly destroys his sin.

O Christ: You are impassible in Your immaterial Godhead; You underwent suffering in death in Your human nature. You raised the dead from the depths of Hades, making them incorruptible.

Theotokos Hymn

O Clouds of joy: drop down sweetness upon the earth, for to us a Child has been given,

He who was before the ages, our God made flesh of a Virgin.
ODE SIX:

FIRST CANON

IRMOS:
ENCIRCLED BY AN ABYSS OF SIN,
I CALL ON THE UNSEARCHABLE ABYSS OF YOUR TENDER MERCIES:
LEAD ME OUT OF CORRUPTION, O GOD.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
The Righteous One was condemned as an evil doer, and nailed to the Tree with the lawless, granting forgiveness with His own blood to the guilty.

As by one man, the first Adam, in days of old, death came to the world, so by one man, the Son of God, resurrection has been revealed.

Theotokos Hymn

O Virgin: you conceived, without knowing a man, and remain forever Virgin, revealing the signs of the true divinity of your Son and God.

SECOND CANON

IRMOS:
YOU HEARD THE WORDS OF MY PRAYER, O LORD AND MASTER,
WELLING UP FROM THE DEEP AFFLICTION OF MY SOUL.
DELIVER ME FROM TERRORS,
FOR YOU ALONE ARE THE AUTHOR OF OUR SALVATION.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
You set the cherubim before the tree of life, as guards against fallen mankind. But beholding You, they opened the gates, for You came to show the thief the way into Paradise.

Through the death of one man, Hades became a barren wilderness, for Christ emptied its store of wealth for the sake of us all.

Theotokos Hymn

The nature of mankind, enslaved by sin, has gained freedom through you, O pure Lady, for your Son went as a lamb to the slaughter for the sake of us all.

KONTAK:

HADES BECAME AFRAID, O ALMIGHTY SAVIOUR,
SEEING THE MIRACLE OF YOUR RESURRECTION FROM THE TOMB.
THE DEAD AROSE.
CREATION, WITH ADAM, BEHELD THIS AND REJOICED WITH YOU.//
AND THE WORLD, O MY SAVIOUR, PRAISES YOU FOREVER.

IKOS:

You are the Light of those in darkness; You are the Resurrection of all; You are the Life of mortals. O Saviour: when You despoiled the dominion of death and shattered the gates of Hades, O Word, You raised us all with Yourself. The dead saw this and wondered at the miracle, and all creation rejoiced together at Your Resurrection, O Lover of mankind. Therefore we also glorify and sing Your condescension,//
AND THE WORLD, O MY SAVIOUR, PRAISES YOU FOREVER.

ODE SEVEN:

FIRST CANON

IRMOS:
THE GODLESS COMMAND OF A LAWLESS TYRANT
FANNED THE FLAME EXCEEDINGLY HIGH;
BUT CHRIST CAST THE DEW OF THE SPIRIT OVER THE GOD-FEARING CHILDREN.
BLESSED IS HE, AND EXALTED ABOVE ALL FOREVER.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
O Lord: Your tender compassion made the sight of mankind held under the sway of death unbearable to You. Therefore You became man and came to save him with Your own blood. Blessed is He, and exalted above all forever.

The gatekeepers of hell trembled as they beheld You, O Christ, clothed in the robe of vengeance, for You came to subdue and master the unreasonable tyrant.
Blessed is He, and exalted above all forever.

Theotokos Hymn

We know you to be the Holy of Holies, O unwedded mother and spotless Virgin, for you alone bore the unchangeable God: By your divine childbearing pouring incorruption on all the faithful.

SECOND CANON

IRMOS:
IN ANCIENT DAYS, THE CHILDREN IN THEIR GREAT LOVE OF WISDOM
WERE SHOWN TO BE SKILLED ORATORS,
FOR WITH THEIR SOULS DIVINELY INSPIRED
THEY SPOKE OF GOD WITH THEIR LIPS AND SANG:
BLESSED ARE YOU AND ALL HOLY, THE GOD OF OUR FATHERS.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
In ancient times, disobedience condemned our first father in Eden, but You were condemned of Your own will, releasing the wrong-doer from his curse.
Blessed are You and all-holy, the God of our fathers.

You have saved the one wounded in Eden, by the tongue of the venomous serpent, for by Your voluntary Passion You healed the wound he freely chose.
Blessed are You and all-holy, the God of our Fathers.

By striking the dark form of Hades with the lightning of Your divinity, You called me back to the light as I walked in the shadow of death.
Blessed are You and all-holy, the God of our fathers.

Theotokos Hymn

The one who does not proclaim You with perfect faith to be the Son of the Virgin and One of the Holy Trinity is guilty of profanity, he who does not cry out:
Blessed are You, and all holy, the God of our fathers.

ODE EIGHT: *Sung as stikhs on the Song of the Three Children*

FIRST CANON

IRMOS:
OF OLD IN BABYLON BY THE COMMAND OF GOD
THE FIERY FURNACE WORKED IN CONTRADICTION:
BURNING THE CHALDÆANS,
IT REFRESHED THE FAITHFUL AS THEY SANG:
ALL YOU WORKS OF THE LORD: BLESS THE LORD FOREVER.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
The angels beheld in fear and trembling, the garment of Your flesh stained red with Your blood, and amazed at Your long-suffering, they cried out: All you works of the Lord: bless the Lord forever.

You have clothed my mortal being in immortality, by Your rising, O compassionate

Lord. Therefore Your chosen people rejoice with thanksgiving and sing Your praises, crying out to You, O Christ: Indeed death has been swallowed up in victory.

Theotokos Hymn

O Theotokos: you conceived without seed the One who dwelt in your womb as God and man without parting from the Father, and you brought Him forth ineffably. By this we know that you are the salvation of all.

SECOND CANON

IRMOS:

FILLED WITH CONTEMPT FOR THE GOLDEN IDOL
AND BEHOLDING THE LIVING, NEVER-CHANGING IMAGE OF GOD,
THE THRICE-BLESSED CHILDREN SANG IN THE MIDST OF THE FIRE:
LET THE WHOLE CREATION BROUGHT TO BE FROM NOTHING
SING TO THE LORD AND HIGHLY EXALT HIM FOREVER.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

You are rich in mercy, O Lover of mankind, and were beheld nailed to the Cross. Of Your own will You was buried and rose again on the third day. You delivered all mortal men, who sing to You: Let the whole creation sing to the Lord and highly exalt Him forever.

O Word of God: You descended to the depths of the earth, to save him whom You fashioned in Your divine power, and giving him immortality, O my Christ, You have made him to be a partaker of Your eternal glory. Then let the whole creation cry aloud to Christ: sing and exalt Him above all forever.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.

Theotokos Hymn

We rightfully praise you, O Theotokos, and proclaim you to be the pure one, for you gave birth to One of the Trinity made flesh. We sing to Him together with the Father and the Spirit: Let the whole creation sing to the Lord and highly exalt Him forever.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

THE MAGNIFICAT IS SUNG

ODE NINE:

FIRST CANON

IRMOS:

THE SON OF THE FATHER WITHOUT BEGINNING
HAS APPEARED TO US:
GOD THE LORD, MADE FLESH OF THE VIRGIN,
TO GIVE LIGHT TO THOSE IN DARKNESS
AND TO GATHER THE DISPERSED.
THEREFORE WE MAGNIFY THE THEOTOKOS.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

The thrice-blessed Tree of Your pure Cross, O Saviour, was planted on the place of the skull as in Paradise. Watered by the divine blood and water flowing from Your side, as by a divine stream, it blossomed for us the flower of Life.

When You were crucified, O all powerful Lord, You put down the mighty and exalted mankind who lay low in the depth of Hades, placing him upon the throne of the Father. With Him we magnify and worship You, the One who is to come.

R: GLORY TO YOU, O HOLY TRINITY, OUR GOD.

As Orthodox Christians we praise and glorify the three-fold Unity, the consubstantial Trinity; supremely divine, undivided Nature, the threefold brightness that knows no evening, and alone has shone forth light for us.

SECOND CANON

IRMOS:

YOU ARE OUR WHOLE DESIRE, OUR UNALLOYED SWEETNESS,
O WORD OF GOD AND SON OF THE VIRGIN:
THE GOD OF GODS, AND LORD,
THE HOLIEST OF HOLIES,
WHOM WITH YOUR MOTHER WE MAGNIFY.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

O Christ: in Your goodness, You were hung as a lamb on the Cross on Golgotha. You were pierced with a spear between the condemned. You gave life to us who are fashioned of dust and who honour Your divine Resurrection in faith.

O Faithful: let us all worship God, Who by His own death has destroyed the dominion of death with power, raising with Himself the dead of all ages, granting to all men life and resurrection.

Theotokos Hymn

O Master: receive with compassion Your Mother whom You chose to intercede with You for us, and let all things be filled with Your goodness, that we may magnify You, the Giver of all good.

THE PRAISES:

ALL THAT HAS BREATH GLORIFIES YOU, O LORD;
FOR BY YOUR CROSS YOU HAVE DESTROYED DEATH,
MANIFESTING YOUR RESURRECTION FROM THE DEAD TO THE NATIONS//
AS THE ONLY LOVER OF MANKIND.

DO THEY SAY THAT THE SOLDIERS WHO GUARDED THE KING RATHER DESTROYED HIM ?
THAT THE STONE DID NOT PRESERVE THE ROCK OF LIFE ?
EITHER LET THEM GIVE UP THE BURIED ONE,
OR WITH US ADORE THE RISEN ONE,//
SAYING: GLORY TO YOUR GREAT MERCIES, O SAVIOUR. GLORY TO YOU.

COME, O PEOPLE: REJOICE AND BE GLAD.
THE ANGEL SITTING ON THE STONE HAS ANNOUNCED TO US THE GLAD TIDINGS:
CHRIST HAS RISEN FROM THE DEAD, AS THE SAVIOUR OF THE WORLD,
AND HAS FILLED ALL THINGS WITH SWEET FRAGRANCE.//
O PEOPLE: REJOICE AND BE GLAD.

O LORD: BEFORE YOUR CONCEPTION,
AN ANGEL CAME WITH THE GREETING — REJOICE. TO THE ONE FULL OF GRACE,
AND AN ANGEL ROLLED THE STONE FROM YOUR GLORIOUS TOMB AT YOUR RESURRECTION.
THE ONE ANNOUNCED THE SIGNS OF JOY IN PLACE OF SORROW,
THE OTHER IN PLACE OF DEATH, PROCLAIMED TO US THE LIFE-GIVING MASTER.
THEREFORE WE CRY OUT TO YOU://
O LORD AND BENEFACTOR OF ALL: GLORY TO YOU.

The Anatolian stikhs

THE WOMEN POURED SPICES ON YOUR TOMB WITH LAMENTATIONS,
YET THEY CRIED OUT WITH JOY WHEN IT WAS SAID://
THE LORD IS RISEN.

LET THE NATIONS AND PEOPLES PRAISE CHRIST OUR GOD,
WHO FREELY SUFFERED THE CROSS FOR OUR SAKE,
AND SPENT THREE DAYS IN HADES.
LET US ADORE HIS RESURRECTION FROM THE DEAD,//

BY WHICH ALL THE ENDS OF THE EARTH ARE ENLIGHTENED.

YOU WERE CRUCIFIED AND BURIED, O CHRIST,
AS YOU FREELY WILLED,
OVERTHROWING DEATH AND RISING AGAIN IN GLORY.//
AS GOD AND MASTER YOU GRANT THE WORLD ETERNAL LIFE AND GREAT MERCY.

O TRULY WICKED ONES:
BY SEALING THE TOMB YOU MANIFESTED GREATER WONDERS.
THE WATCHMEN BRING THE NEWS —
TODAY HE LEFT THE GRAVE.
AND YOU TOLD THEM: "SAY THAT WHILE WE WERE SLEEPING,
HIS DISCIPLES CAME AND STOLE HIM."
BUT WHO WOULD STEAL A DEAD BODY THAT WAS NAKED ?
HE IS RISEN AGAIN BY HIS OWN POWER AS GOD,
AND HAS LEFT HIS GRAVE CLOTHES IN THE TOMB.
COME AND BEHOLD: HE WHO HAS OVERCOME DEATH DID NOT BREAK THE SEALS,//
BUT HAS GRANTED MANKIND ETERNAL LIFE AND GREAT MERCY.

GLORY... **GOSPEL HYMN**

NOW AND EVER... **TONE 2**

YOU ARE MOST BLESSED...

THIRD CANON TO THE THEOTOKOS:

ODE ONE:
IRMOS:
A TRIUMPHANT FORCE IN DAYS OF OLD
DESTROYED THE ARMIES OF PHARAOH IN THE DEEP,
AS THE GLORIOUS LORD, THE WORD INCARNATE,
HAS DESTROYED MALIGNANT SIN,
FOR GLORIOUSLY HAS HE BEEN GLORIFIED.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
In ancient times the heavenly ladder, and the path miraculously made dry through the sea, revealed your childbearing, O pure Virgin. We proclaim this in song, for gloriously has He been glorified.

The power of the Most High took flesh of you, O undefiled Virgin. The Wisdom of God, the complete Being of person conversed with people, for gloriously has He been glorified.

The Sun of righteousness passed through the closed gate of your impassible womb, O pure Virgin, and shone upon the world: for gloriously has He been glorified.

ODE THREE:
IRMOS:
THE DESERT, THE BARREN CHURCH OF THE GENTILES,
BLOSSOMED AS A LILY AT YOUR COMING, O LORD,
IN WHICH MY HEART IS ESTABLISHED.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
He who transcends all time, as the Creator of time, willed to be fashioned as a little child from you, O Virgin.

Let us, the faithful, praise the womb that is more spacious than the heavens, for through it Adam rejoices, living as a citizen of heaven.

ODE FOUR:
IRMOS:
YOU HAVE COME FORTH FROM A VIRGIN,
NEITHER ANGEL NOR MESSENGER,
BUT THE LORD HIMSELF MADE FLESH.
AND YOU HAVE BROUGHT SALVATION TO ME, WHO AM MAN.
THEREFORE I CRY OUT TO YOU:

GLORY TO YOUR POWER, O LORD.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:

Behold the sacred mountain of the house of the Lord, high and lifted up: The Father of God is highly exalted above the powers of heaven.

O Virgin: you alone were counted worthy of the divine calling, for you gave birth beyond the laws of nature to Him who rules creation.

ODE FIVE:

FIRST CANON

IRMOS:

YOU ARE THE MEDIATOR BETWEEN GOD AND MANKIND,
FOR THROUGH YOU, O MASTER, CHRIST OUR GOD,
WE HAVE ACCESS FROM THE DARKNESS OF IGNORANCE,
TO YOUR FATHER, THE AUTHOR OF LIGHT

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:

O Clouds of joy: drop down sweetness upon the earth, for to us a Child has been given: He who was before the ages, our God made flesh of a Virgin.

The light has come to my life and bit of flesh, and the Most High, O Incarnate without seed of the Virgin, has brought release from the hateful gloom of sin.

ODE SIX:

IRMOS:

ENCIRCLED BY AN ABYSS OF SIN,
I CALL ON THE UNSEARCHABLE ABYSS OF YOUR TENDER MERCIES:
LEAD ME OUT OF CORRUPTION, O GOD.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:

The nature of mankind, enslaved by sin, has gained freedom through you, O pure Lady, for your Son went as a lamb to the slaughter for the sake of us all.

We cry out to you, O true Theotokos: Deliver your anger-provoking servants, for you alone have acquired boldness before your Son.

ODE SEVEN:

FIRST CANON

IRMOS:

THE GODLESS COMMAND OF A LAWLESS TYRANT
FANNED THE FLAME EXCEEDINGLY HIGH;

BUT CHRIST CAST THE DEW OF THE SPIRIT OVER THE GOD-FEARING CHILDREN.
BLESSED IS HE AND EXALTED ABOVE ALL FOREVER.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:

Jacob beheld the Incarnate God by night in a hidden manner, but coming forth from you He was seen as a flashing beacon by those who cry out: Blessed are You, and all holy, the God of our fathers.

He wrestled with Jacob to prefigure the ineffable match to take place in you, O pure Virgin. For of His own will He was made one with mankind through you. Blessed is He, and all holy, the God of our fathers.

The one who does not proclaim You with perfect faith to be the Son of the Virgin and One of the Holy Trinity is guilty of profanity. He who does not cry out: Blessed are You, and all holy, the God of our fathers.

ODE EIGHT: *Sung as Stikhs on the Song of the Three Children*

IRMOS:

OF OLD IN BABYLON BY THE COMMAND OF GOD
THE FIERY FURNACE WORKED IN CONTRADICTION:
BURNING THE CHALDÆANS,
IT REFRESHED THE FAITHFUL AS THEY SANG:
O ALL WORKS OF THE LORD: BLESS THE LORD FOREVER.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:

Through you, the One who is incomparable in goodness and power was seen on earth and dwelt among men. We faithful sing to him and cry out: Let the whole creation sing to the Lord and highly exalt Him forever.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.

We rightfully praise you, O Theotokos, and proclaim you to be the pure one, for you gave birth to One of the Trinity made flesh. We sing to Him together with the Father and the Spirit: Let the whole creation sing to the Lord and highly exalt Him forever.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

ODE NINE:

FIRST CANON

IRMOS:

THE SON OF THE FATHER WITHOUT BEGINNING
HAS APPEARED TO US:
GOD THE LORD, MADE FLESH OF THE VIRGIN,
TO GIVE LIGHT TO THOSE IN DARKNESS
AND TO GATHER THE DISPERSED.
THEREFORE WE MAGNIFY THE THEOTOKOS.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:

The Word of God who dwelt in your womb was given as a staff of strength to our feeble nature, raising it as it had slipped and fallen into Hades. Therefore we magnify you, O all pure Theotokos.

O Master: receive with compassion Your Mother whom You chose to intercede with You for us, and let all things be filled with Your goodness, that we may magnify You, the Giver of all good.

SUNDAY
HYMNS

TROPAR:

WHEN YOU DESCENDED TO DEATH, O LIFE IMMORTAL,
YOU DESTROYED HADES WITH THE SPLENDOUR OF YOUR GODHEAD.
AND WHEN, FROM THE DEPTHS, YOU RAISED THE DEAD,
ALL THE POWERS OF HEAVEN CRIED OUT://
O GIVER OF LIFE, CHRIST OUR GOD, GLORY TO YOU.

KONTAK:

HADES BECAME AFRAID, O ALMIGHTY SAVIOUR,
SEEING THE MIRACLE OF YOUR RESURRECTION FROM THE TOMB.
THE DEAD AROSE. CREATION, WITH ADAM, BEHELD THIS AND REJOICED
WITH YOU.//
AND THE WORLD, O MY SAVIOUR, PRAISES YOU FOREVER.

THEOTOKOS HYMN:

BEYOND ALL THOUGHT AND EXCEEDINGLY GLORIOUS ARE YOUR
MYSTERIES, O THEOTOKOS.
SEALED IN PURITY AND PRESERVED IN VIRGINITY,
YOU WERE REVEALED AS TRULY THE MOTHER WHO BORE THE TRUE GOD.//
BESEECH HIM TO SAVE OUR SOULS.

SUNDAY VESPERS:

LORD I CALL...

Stikhs of repentance

POUR OUT STREAMS OF MERCY ON ME,
AND WATERS OF GOODNESS FROM THE WELL OF YOUR COMPASSION,
O GOOD FATHER, AND SON, WORD OF THE FATHER,
AND THE HOLY SPIRIT.
O UNCREATED NATURE: ACCEPT OUR PRAYERS AND SUPPLICATIONS.
GRANT FORGIVENESS TO ALL WHO HAVE SINNED//
FOR YOU ARE THE GOOD GOD AND LOVER OF MANKIND.

YOU ARE BOUNTIFUL, MERCIFUL, AND GENEROUS,
ACCORDING TO YOUR DIVINE NATURE, O CHRIST OUR SAVIOUR.
THEREFORE WE EVER CRY TO YOU AS WE FALL TO OUR KNEES IN PRAYER:
PARDON AND FORGIVE THE MANY SINS
WHICH WE, YOUR SERVANTS HAVE COMMITTED,//
FOR YOU ARE THE GOOD GOD AND LOVER OF MANKIND.

O SAVIOUR: IN YOUR DESIRE TO SAVE THE ENTIRE HUMAN RACE,
YOU PUT ON FLESH AND BECOME A MAN.
NOW SAVE US WHO HONOUR YOUR COMMANDMENTS,
FOR YOU DID NOT COME TO SAVE THE RIGHTEOUS
BUT TO DELIVER US, THROUGH THE GRACE OF DIVINE BAPTISM,
WHEN WE WERE BOUND IN INIQUITY BY OUR MANY SINS,//
FOR YOU ARE THE GOOD GOD AND LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

THE HOSTS OF ANGELS SING THE THRICE HOLY PRAISES OF YOUR SON, O PURE VIRGIN.
FOR YOU WERE HIS FIERY THRONE,
A LIVING CHAMBER FOR THE KING
AND DIVINE BRIDGE LEADING FROM EARTH TO HEAVEN.
WE SING: "REJOICE" TO YOU WITH THE ARCHANGEL GABRIEL,//
FOR YOU GAVE BIRTH TO THE SOURCE OF JOY.

APOSTIKHA:

Stikhs of repentance

I HAVE SINNED AGAINST YOU, O CHRIST OUR SAVIOUR,
LIKE THE PRODIGAL SON.
O FATHER: ACCEPT ME IN REPENTANCE.//
HAVE MERCY ON ME, O GOD.

I CRY TO YOU, O CHRIST OUR SAVIOUR,
WITH THE VOICE OF THE PUBLICAN.
BE MERCIFUL TO ME, AS TO HIM.//
HAVE MERCY ON ME, O GOD.

To the martyrs

O MARTYRS: YOU DID NOT SEEK FOR THE THINGS OF THE EARTH,
AND SO WERE MADE WORTHY OF HEAVENLY JOY.
YOU BECAME FELLOW-CITIZENS WITH THE ANGELS.//
O LORD: THROUGH THEIR PRAYERS, HAVE MERCY ON US AND SAVE US.

Glory... Now and ever...

Theotokos Hymn

REJOICE, O MARY THEOTOKOS,
TEMPLE WHICH CANNOT BE DESTROYED;
TEMPLE, EVEN MORE, OF HOLINESS,
AS THE PROPHET CRIED OUT://
HOLY IS YOUR TEMPLE, WONDERFUL IN RIGHTEOUSNESS.

MONDAY MATINS:

After the 1st reading from the Psalter:

SESSIONAL HYMNS

Stikhs of repentance

MY TRANSGRESSIONS HAVE RISEN UP AGAINST ME
LIKE THE WAVES OF THE SEA;
I AM TOSSED AS A BOAT ON THE DEEP
BY THE STORM OF MY MANY SINS.
GUIDE ME THROUGH REPENTANCE TO A CALM HARBOUR,//
AND SAVE ME, O LORD.

V: O Lord: rebuke me not in Your anger, nor chasten me in Your wrath.

O LORD: I AM A BARREN TREE,
BEARING NO FRUIT OF CONTRITION.
I FEAR THE AXE AND THE UNQUENCHABLE FIRE.
THEREFORE I PRAY TO YOU:
BEFORE THAT DISTRESS BEFALLS ME,//
TURN ME BACK AND SAVE ME.

Glory... Now and ever...

Theotokos Hymn

YOU ARE A FOUNTAIN OF COMPASSION, O THEOTOKOS:
BEHOLD A SINFUL PEOPLE, AND GRANT MERCY TO US.
REVEAL, AS ALWAYS, YOUR MIGHT.
AS WE TRUST IN YOU, WE CRY OUT — REJOICE,//
AS ONCE DID GABRIEL, THE LEADER OF THE HEAVENLY HOSTS.

After the 2nd reading from the Psalter:

SESSIONAL HYMNS

Stikhs to the angels

WE RUN BENEATH YOUR PROTECTION WITH LOVE
MOST HOLY CHOIRS OF BODILESS ANGELS.
ENTREAT THE GOOD GOD AND MASTER
TO SPARE US IN THE HOUR OF JUDGMENT;
TO DELIVER US FROM THE BITTERNESS OF TORMENT,//
FROM THE DEVILS OF DARK PASSION AND EVERY TEMPTATION.

V: Wonderful is God in His saints; the God of Israel.

THE SAINTS WERE CLOTHED IN YOU
AS YOU CLOTHE THE HEAVENS WITH CLOUDS.

THEY ENDURED THE TORTURES OF TRANSGRESSORS IN THIS WORLD
AND LAID LOW THE ERROR OF IDOLATRY.
BY THEIR PRAYERS, O SAVIOUR, //
SET US FREE FROM THE INVISIBLE ENEMY AND SAVE US.

Glory... Now and ever...

Theotokos Hymn

WHO HAS HEARD OF A MOTHER WHO IS A VIRGIN ?
OR A VIRGIN WHO IS A MOTHER ?
YOU ARE WONDERFUL IN BOTH WAYS, O THEOTOKOS.//
THEREFORE WE MAGNIFY YOU IN FAITH.

APOSTIKHA

Stikhs of repentance

WHEN I THINK OF MY DETESTABLE AND HORRIBLE DEEDS,
IMITATING THE PUBLICAN,
THE WEEPING HARLOT AND THE PRODIGAL SON,
I FLY FOR REFUGE TO YOUR COMPASSION,.
SO I FALL DOWN BEFORE YOU, O MERCIFUL ONE:
BEFORE YOU CONDEMN ME, O MY GOD,//
RATHER SPARE ME AND HAVE MERCY ON ME.

OVERLOOK MY TRANSGRESSIONS,
O LORD BORN OF THE VIRGIN.
CLEANSE MY HEART, MAKING IT A TEMPLE OF THE HOLY SPIRIT.
DO NOT MAKE ME AS NOTHING BEFORE YOUR FACE,//
SINCE YOU HAVE BOUNDLESS MERCY.

To the martyrs

SUFFERING FOR CHRIST TO THE POINT OF DEATH,
O PASSION-BEARING MARTYRS,
YOU RETAIN YOUR SOULS IN HEAVEN IN THE HAND OF GOD,
WHILE YOUR RELICS ARE WATCHED OVER IN ALL THE EARTH.
PRIESTS AND KINGS AND ALL PEOPLES VENERATE THEM,
AND WE, BEING TAUGHT, CRY OUT ACCORDING TO THE CUSTOM://
PRECIOUS IN THE SIGHT OF THE LORD IS THE DEATH OF HIS SAINTS.

Glory... Now and ever...

Theotokos Hymn

LIKE A FRUITFUL OLIVE TREE,
THE VIRGIN BROUGHT FORTH YOU, THE FRUIT OF LIFE,
TO OFFER AS FRUIT TO ALL THE WORLD//
YOUR GREAT AND RICH MERCY.

MONDAY VESPERS:

LORD I CALL...

Stikhs of repentance

YOU ALONE ARE WITHOUT SIN, O CHRIST,
YOU ALONE ARE FORBEARING.
YOU ALONE ARE A FOUNT OF GOODNESS:
BEHOLD MY AFFLICTION; BEHOLD MY DISTRESS.
ANOINT THE SORES LEFT BY MY WOUNDS
AND IN YOUR MERCY SAVE YOUR SERVANT,
THAT DRIVING AWAY THE CLOUDS OF DESPONDENCY//
I MAY GLORIFY YOU, MY GOOD SAVIOUR.

LOOK, O MY HUMBLE SOUL: BEHOLD WHAT YOU HAVE DONE;
BEHOLD YOUR BLASPHEMY.
LOOK UPON YOUR NAKEDNESS.
ALAS FOR MY DESOLATION.
YOU WILL BE CUT OFF FROM GOD AND FROM THE ANGELS,
CAST OUT INTO THE ENDLESS TORMENT OF HADES.
BUT BE SOBER, ARISE, MAKE HASTE AND CRY OUT:
O SAVIOUR: I HAVE SINNED —//
FORGIVE ME, AND SAVE ME.

I HAVE FEARFULLY DEFILED MY BODY;
I HAVE CORRUPTED MY SOUL AND HEART WITH BASE REASONING.
I HAVE WOUNDED ALL MY SENSES,
I HAVE PROFANED MY EYES AND STAINED MY EARS.
MY MOUTH IS POLLUTED WITH SPEAKING.
MY WHOLE BEING IS A COMPLETE REPROACH.
THEREFORE I FALL DOWN BEFORE YOU AND CRY OUT:
O CHRIST MY MASTER: I HAVE SINNED AGAINST YOU.//
I HAVE SINNED—FORGIVE ME, AND SAVE ME.

Glory... Now and ever...

Theotokos Hymn

MY HUMBLE SOUL IS ASSAULTED BY MANY SORROWS, PASSIONS AND
TERRIBLE AFFLICTIONS;
I RUN TO YOU, O THEOTOKOS.
BE MY PILOT ON THE SEA OF LIFE,
O UNWEDDED MAIDEN.
QUIET THE RAGING WATERS WHICH SURROUND ME,

SHELTER ME WITH YOUR PROTECTING VEIL,//
AND GUIDE ME TO THE TRANQUIL HARBOUR OF REPENTANCE.

APOSTIKHA

Stikhs of repentance

I HAVE SINNED AGAINST YOU, O CHRIST OUR SAVIOUR,
LIKE THE PRODIGAL SON.
O FATHER: ACCEPT ME IN REPENTANCE.//
HAVE MERCY ON ME, O GOD.

I CRY TO YOU, O CHRIST OUR SAVIOUR,
WITH THE VOICE OF THE PUBLICAN:
BE MERCIFUL TO ME, AS TO HIM,.//
HAVE MERCY ON ME, O GOD.

To the martyrs

BY THE HOLY MARTYRS PRAYING FOR US
AND SINGING THE PRAISES OF CHRIST,
ALL ERROR HAS COME TO AN END,//
AND MANKIND IS BEING SAVED BY FAITH.

Glory... Now and ever...

Theotokos Hymn

I PUT ALL MY TRUST IN YOU, O MOTHER OF GOD://
SHELTER ME BENEATH YOUR VEIL.

TUESDAY MATINS

After the 1st reading from the Psalter:

SESSIONAL HYMNS:

Stikhs of repentance

THINK UPON THE TRIAL OF THE FEARFUL DAY,
AND TREMBLE, O MY SOUL.
WEEP BEFORE THE RETRIBUTION OF ETERNAL TORMENT
CRYING OUT WITH REPENTANCE://
I HAVE SINNED, O GOD, HAVE MERCY ON ME.

V: Lord: rebuke me not in Your anger, nor chasten me in Your wrath.

I SEARCH MY CONSCIENCE AND FIND IT CONDEMNED;
I AM AFRAID OF YOUR TERRIBLE THRONE OF JUDGEMENT, O LORD.
I FIND NO SALVATION IN MY WORKS.
BUT AS YOU HAVE A WEALTH OF COMPASSION, O CHRIST OUR GOD,//
HAVE MERCY ON ME AND SAVE ME.

Glory... Now and ever...

Theotokos Hymn

WE MAGNIFY YOU, AND CRY OUT, O THEOTOKOS:
REJOICE, FOR YOU ARE THE STAFF FROM WHICH SPRANG FORTH WITHOUT SEED//
THE GOD WHO DESTROYED DEATH ON THE TREE.

After the 2nd reading from the Psalter:

SESSIONAL HYMNS

Stikhs to the Forerunner

YOU PLUNGED THE BOUNTIFUL SOURCE OF COMPASSION
INTO THE WATERS OF THE JORDAN, O JOHN;
THEREFORE I FERVENTLY CRY OUT TO YOU:
GUIDE ME TOWARDS THE SAFE HARBOUR OF LIFE BY YOUR PRAYERS,//
FOR THROUGH MY MANY PASSIONS, I SINK DAILY IN THE SEA OF THIS WORLD.

V: Wonderful is God in His saints, the God of Israel.

YOU HAVE MADE YOUR SAINTS SHINE BRIGHTER THAN GOLD, O CHRIST,
AND GLORIFIED YOUR HOLY ONES.
YOUR CRY OUT TO YOU ON OUR BEHALF, O GOOD ONE:
DIRECT OUR LIVES AS THE LOVER OF MANKIND,

AND LET OUR PRAYER ARISE AS INCENSE,//
FOR YOU ALONE REST AMONG THE SAINTS.

Glory... Now and ever...

Theotokos Hymn

WHO HAS EVER SEEN, OR HEARD OF, A MOTHER BEARING HER OWN CREATOR ?
OR A VIRGIN GIVING MILK TO THE ONE WHO FEEDS ALL FLESH ?
OH, WHAT WONDER.
YOUR WOMB, O THEOTOKOS,
IS REVEALED AS THE THRONE OF THE CHERUBIM.//
WE BESEECH YOU TO INTERCEDE FOR OUR SOULS.

APOSTIKHA

Stikhs of repentance

I HAVE SURPASSED ALL PEOPLE IN SIN;
FROM WHOM CAN I LEARN REPENTANCE ?
IF I SIGH LIKE THE PUBLICAN,
I FEEL I WILL BURDEN THE HEAVENS.
IF I SHED TEARS LIKE THE HARLOT,
I POLLUTE THE EARTH WITH MY TEARS.//
BUT GRANT ME REMISSION OF SINS, O GOD, AND SAVE ME.

OVERLOOK MY TRANSGRESSIONS,
O LORD BORN OF THE VIRGIN,
AND CLEANSE MY HEART, MAKING IT A TEMPLE OF THE HOLY SPIRIT.
DO NOT MAKE ME AS NOTHING BEFORE YOUR FACE,//
SINCE YOU HAVE BOUNDLESS MERCY.

To the martyrs

WHEN THE HOLY MARTYRS RECEIVED THE CROSS OF CHRIST
AS AN INVINCIBLE WEAPON,
THEY BROUGHT ALL THE DEVIL'S POWER TO NAUGHT.
WHEN THEY RECEIVED HEAVENLY CROWNS,
THEY BECAME A RAMPART FOR US,//
INTERCEDING WITH CHRIST OUR BEHALF.

Glory... Now and ever...

Theotokos Hymn

REJOICE, O MARY THEOTOKOS,
TEMPLE WHICH CANNOT BE DESTROYED —
TEMPLE, EVEN MORE, OF HOLINESS,
AS THE PROPHET CRIED OUT://
HOLY IS YOUR TEMPLE, WONDERFUL IN RIGHTEOUSNESS.

TUESDAY VESPERS:

LORD I CALL...

Stikhs to the Cross

WHEN THE SUN AND WORD OF GOD SET UPON THE CROSS,
THE SKY WAS DARKENED, UNABLE TO ENDURE ITS OWN LIGHT.
THE EARTH QUAKED AND THE ROCKS WERE SPLIT;
THE CURTAIN OF THE TEMPLE WAS TORN IN TWO.
THE GRAVES WERE OPENED AND THE DEAD AROSE.
HADES SURRENDERED THOSE HELD BELOW:
THE DEVILS WERE DEFEATED,//
AND FOR ALL MANKIND SLEEP TOOK THE PLACE OF DEATH.

WHEN THE GOOD THIEF SAW YOU, O CHRIST,
THE ONLY FRUITFUL VINE,
HE WAS MOST CLEVER, SPEAKING SOFTLY WITH GRACE,
AND STOLE FORGIVENESS OF HIS ANCIENT SINS.
LET US ALL MAKE HASTE TO DO AS HE DID, AND CRY OUT://
REMEMBER US ALSO, O LOVER OF MANKIND.

YOUR CROSS SHINES INDEED LIKE A STAR IN THE CHURCH, O CHRIST,
BURNING DEMONS WHILE GIVING LIGHT TO THE FAITHFUL.
IT PUTS TO SHAME THOSE WHO CRUCIFIED YOU,
THOSE, WHOSE ANCESTORS HELD ENSLAVED IN EGYPT,
WERE LED OUT BY THE WOOD WHICH FORESHADOWED THE CROSS,//
AND WERE SATISFIED IN THE WILDERNESS WITH HONEY FROM THE ROCK.

Glory... Now and ever...

Theotokos Hymn

THE SUN WAS SHADED AND DARKENED
BY THE BLINDING LIGHT OF THE CROSS.
YOUR ALL-PURE MOTHER CRIED OUT AS SHE BEHELD YOU:
THIS HOLY LIGHT OVERPOWERS AND SHATTERS DARKNESS;
IT DESTROYS THE EVIL POWERS.
IT MAKES THE RIGHTEOUS JOYFUL AND JUBILANT.
THIS LIGHT OF LIGHTS IS ALMIGHTY AND CLEANSING,//
PURIFYING THE RIGHTEOUS AND MAKING THEM STRONGER.

APOSTIKHA

Stikhs to the Cross

SAVE ME, O SAVIOUR CHRIST,
BY THE POWER OF THE CROSS,
AND HAVE MERCY ON ME,//
O GOD, WHO SAVED PETER IN THE SEA.

"LET HIM BE CRUCIFIED,"
CRIED OUT THOSE WHO HAD ALWAYS ENJOYED YOUR BLESSINGS,
AND INSTEAD OF THE BENEFACTOR THEY ASKED TO RECEIVE BACK AN EVIL-DOER.
BUT KEEPING SILENT, O CHRIST, YOU ENDURED THEIR INSOLENCE,//
IN YOUR DESIRE TO SUFFER AND TO SAVE US, AS THE LOVER OF MANKIND.

To the martyrs

O MARTYRS: YOU DID NOT SEEK FOR THE THINGS OF THE EARTH
AND SO WERE MADE WORTHY OF HEAVENLY JOY.
YOU BECAME FELLOW-CITIZENS WITH THE ANGELS.//
O LORD: THROUGH THEIR PRAYERS, HAVE MERCY ON US AND SAVE US.

Glory... Now and ever...

Theotokos Hymn

SUFFERING GREATLY WHEN YOUR SON AND GOD WAS CRUCIFIED,
YOU MOANED AND CRIED ALOUD WITH WEEPING:
"WOE IS ME, MY SWEETEST CHILD.
HOW UNJUSTLY YOU SUFFER//
IN YOUR DESIRE TO SAVE ADAM."

WEDNESDAY MATINS:

After the 1st reading from the Psalter:

SESSIONAL HYMNS

to the Cross

YOU HAVE WROUGHT SALVATION
IN THE MIDST OF THE EARTH, O CHRIST GOD.
YOU STRETCHED OUT YOUR ALL-PURE HANDS UPON THE CROSS;
YOU GATHERED TOGETHER ALL THE NATIONS//
WHO CRY ALOUD TO YOU: GLORY TO YOU, O LORD.

V: Extol the Lord our God; worship at His footstool for it is holy.
THROUGH YOUR OWN GOODNESS,
WE OFFER YOU YOUR LIFE-GIVING CROSS IN PRAYER:
SAVE YOUR PEOPLE AND ALL IN AUTHORITY;
GRANT THEM PEACE THROUGH THE THEOTOKOS,//
O ONLY LOVER OF MANKIND.
Glory... Now and ever...

Theotokos Hymn

BEHOLDING YOU, O CHRIST,
STRETCHED DEAD UPON THE TREE,
THE VIRGIN MOTHER LAMENTED BITTERLY AND CRIED OUT:
O MY SON: WHAT IS THIS AWESOME MYSTERY ?
HOW DOES HE, WHO GIVES ETERNAL LIFE TO ALL//
DIE A SHAMEFUL DEATH OF HIS OWN WILL UPON THE CROSS ?

After the 2nd reading from the Psalter

SESSIONAL HYMN

To the Cross

LIKE THE THIEF, I CONFESS YOU,
AND CRY TO YOU, O GOOD ONE:
REMEMBER ME IN YOUR KINGDOM, O LORD, AND NUMBER ME WITH HIM,//
SINCE FOR OUR SAKE YOU FREELY TOOK UPON YOURSELF THE PASSION.

V: Wonderful is God in His saints; the God of Israel.
BLESSED IS THE EARTH THAT WAS DRENCHED WITH YOUR BLOOD,
O MARTYRS OF THE LORD,
AND HOLY THE TOMBS THAT RECEIVED YOUR BODIES.
YOU MADE A SPECTACLE OF THE ENEMY IN THE ARENA,
PROCLAIMING CHRIST WITH BOLDNESS.

WE ENTREAT YOU TO PRAY TO HIM, FOR HE IS G00D,//
THAT HE MAY SAVE OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

WHAT GREAT WONDER.
THE VIRGIN CRIED OUT AS SHE BEHELD HER SON TAKEN DOWN FROM THE CROSS:
HE WHO CARRIES THE WHOLE WORLD IN THE HOLLOW OF HIS HAND,
SUBMITS TO THE PASSION;//
THE JUDGE IS CONDEMNED WHO GRANTS FORGIVENESS TO ALL MANKIND.

APOSTIKHA

Of the Cross

"LET HIM BE CRUCIFIED,"
CRIED OUT THOSE WHO HAD ALWAYS ENJOYED YOUR BLESSINGS,
AND INSTEAD OF THE BENEFACTOR THEY ASKED TO RECEIVE BACK AN
EVIL-DOER.
BUT KEEPING SILENT, O CHRIST, YOU ENDURED THEIR INSOLENCE,//
IN YOUR DESIRE TO SUFFER AND TO SAVE US, AS THE LOVER OF MANKIND.

BECOMING POOR BY YOUR OWN FREE WILL,
YOU BORE ADAM'S POVERTY, O CHRIST GOD,
AND CAME ON EARTH INCARNATE OF A VIRGIN:
YOU ACCEPTED THE CROSS
THAT YOU MIGHT FREE US FROM THE BONDAGE OF THE ENEMY.//
O LORD: GLORY TO YOU.

To the martyrs

A MULTITUDE OF YOUR MARTYRS ENTREATS YOU, O CHRIST://
HAVE MERCY ON US, AS THE LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn To the Special Melody: *Joseph of Arimathea*

WHEN THE LAWLESS PEOPLE, O SAVIOUR,
PUT YOU, THE LIFE OF ALL, ON THE WOOD,
YOUR PURE AND BLAMELESS MOTHER STOOD BY AND CRIED OUT WEEPING:
"WOE IS ME, MY SWEET CHILD, THE LIGHT OF MY EYES.
HOW CAN YOU BEAR TO BE NAILED TO THE CROSS BETWEEN EVIL-DOERS ?//
FOR YOU HUNG THE EARTH UPON THE WATERS."

WEDNESDAY VESPERS:

LORD I CALL...

Stikhs to the holy apostles

AS STREAMS OF THE SPIRIT,
DIVIDING AND GOING FORTH FROM EDEN,
YOU WATERED THE WHOLE EARTH, O DISCIPLES OF THE LORD.
YOU PLOUGHED AND PLANTED WITH THE WORD OF SALVATION,
REAPING AN ABUNDANT HARVEST OF THE SOULS OF THE SAVED//
STORING THEM AS A REASONABLE WEALTH IN SPIRITUAL TREASURIES.

O STARS OF THE SPIRITUAL EAST;
SHINING LIGHTS OF THE SUN:
YOU ANNOUNCED HIM TO ALL MANKIND, DISPERSING THE NIGHT OF ERROR.
FREE MY HEART ABANDONED TO PASSIONATE VICES
FROM THE DARKNESS OF PASSION AND SENSUAL THINGS;
AND AS EYE-WITNESSES OF THE LORD,//
ENTREAT HIM TO ENLIGHTEN OUR MINDS.

AS NEW TABLETS OF GRACE,
TRULY INSCRIBED BY GOD;
AS LIVING SCROLLS INITIATED INTO HIS MYSTERIES,
HOLDING THE WORD OF SALVATION WRITTEN WITH THE FINGER OF THE FATHER
YOU TRAVELLED OVER THE ENDS OF THE EARTH,
SHOWING THE ORTHODOX FAITH CLEARLY TO ALL MANKIND://
THE PATH LEADING TO HEAVEN.

Glory... Now and ever...

Theotokos Hymn

THE WORD, EQUAL IN HONOUR WITH THE FATHER AND THE HOLY SPIRIT,
SHONE FORTH ON EARTH IN THESE LAST DAYS,
AS THE GREAT SUN COMING FROM THE VIRGIN.
HE SENT YOU, HIS GLORIOUS APOSTLES, AS RAYS OF THE DAWN,
TO ENLIGHTEN THOSE IN THE DARKNESS OF ERROR WITH THE LIGHT OF FAITH,//
LEADING THEM BY YOUR DIVINE TEACHINGS.

APOSTIKHA

Stikhs to the apostles

O SAVIOUR: YOU HAVE MAGNIFIED, THROUGHOUT THE WORLD,
THE NAMES OF YOUR CHIEF APOSTLES,
FOR THEY LEARNED HEAVENLY MYSTERIES, AND GRANTED WHOLENESS TO MANKIND.
EVEN ONLY THEIR SHADOW HEALED PASSIONS.
ONE, A FISHERMAN, PERFORMED MIRACLES,
THE OTHER, A HEBREW, EXPLAINED THE TEACHINGS OF GRACE.
BECAUSE OF THEM, O MERCIFUL ONE, //
GRANT US GREAT MERCY.

OUR UNRIGHTEOUS DEEDS HAVE BECOME OUR ENEMIES,
AND WE RUN TO YOU, THE EXISTING GOD.
WE OFFER YOU THE WORDS OF YOUR DISCIPLE:
“SAVE US, LORD, BEFORE WE PERISH.”
SHOW YOURSELF NOW TO OUR ENEMIES,
FOR BY THE PRAYERS OF YOUR APOSTLES
YOU PROTECT YOUR PEOPLE AND SAVE THEM FROM DANGER,
OVERLOOKING ALL THEIR SINS IN YOUR GREAT GOODNESS.//
O LORD: GLORY TO YOU.

To the martyrs

GREAT IS THE GLORY
YOU OBTAINED BY FAITH, O SAINTS.
NOT ONLY DID YOU DEFEAT THE ENEMY IN YOUR SUFFERINGS,
BUT EVEN AFTER DEATH YOU DRIVE OUT SPIRITS,
HEALING THE SICK, O PHYSICIANS OF SOULS AND BODIES.//
ENTREAT THE LORD TO HAVE MERCY ON OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

AS A FRUITFUL OLIVE TREE,
THE VIRGIN BORE YOU, THE FRUIT OF LIFE,//
WHO BROUGHT FORTH THE FRUIT OF GREAT AND RICH MERCY FOR THE WORLD.

THURSDAY MATINS:

After the 1st reading from the Psalter:

SESSIONAL HYMNS:

To the apostles

O CHRIST OUR GOD:
IN YOUR INEFFABLE LOVE FOR MANKIND,
YOU MADE FISHERMAN WISER THAN THE ORATORS.
YOU SENT THEM AS PREACHERS THROUGHOUT THE EARTH:
THROUGH THEM, STRENGTHEN YOUR CHURCH AND BLESS THE FAITHFUL,//
FOR YOU ALONE ARE MERCIFUL AND LOVE MANKIND.

V: Their voice has gone out through all the earth, and their words to the ends of the universe.

THE FISHERMEN CAUGHT THE NATIONS IN THEIR NET,
AND TAUGHT THE ENDS OF THE EARTH TO WORSHIP YOU, O CHRIST OUR GOD,
TOGETHER WITH THE FATHER AND THE SPIRIT.
THROUGH THEM, STRENGTHEN YOUR CHURCH AND BLESS THE FAITHFUL,//
FOR YOU ALONE ARE MERCIFUL AND LOVE MANKIND.

Glory... Now and ever...

Theotokos Hymn

THROUGH YOU, O EVER-VIRGIN THEOTOKOS,
WE HAVE BECOME PARTAKERS OF THE DIVINE NATURE,
FOR YOU GAVE BIRTH TO THE INCARNATE GOD FOR OUR SAKE.//
THEREFORE WE ALL DEVOUTLY MAGNIFY YOU.

After the 2nd reading from the Psalter

SESSIONAL HYMNS:

To St. Nicholas & All saints

BY THE LIGHT SHINING FROM YOUR MIRACLES, O NICHOLAS,
YOU ENLIGHTEN ALL ON THE EARTH.
YOU DISPERSE THE GLOOM OF AFFLICTION,
AND DRIVE AWAY APPROACHING DANGERS,//
FOR YOU ARE A MOST FERVENT INTERCESSOR.

V: Wonderful is God in His saints; the God of Israel.

O APOSTLES, MARTYRS AND PROPHETS,
HOLY HIERARCHS, SAINTS AND RIGHTEOUS:
HAVING FOUGHT THE GOOD FIGHT AND KEPT THE FAITH

YOU HAVE BOLDNESS TOWARDS THE SAVIOUR.
INTERCEDE FOR US WITH HIM, FOR HE IS GOOD, WE PRAY,//
THAT HE MAY SAVE OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

I FALL DOWN BEFORE YOU, O ALL-PURE VIRGIN,
FOR YOU ALONE CONCEIVED GOD WITHOUT SEED,
REMAINING PURE AFTER THIS AWESOME CHILD-BEARING.
I CRY OUT TO YOU WITH FAITH: //
PRESERVE ME FROM PASSION, ILLNESS AND TRIBULATION.

APOSTIKHA:

Stikhs of the apostles

O SAVIOUR: YOU HAVE MAGNIFIED THROUGHOUT THE WORLD
THE NAMES OF YOUR CHIEF APOSTLES,
FOR THEY LEARNED HEAVENLY MYSTERIES AND GRANTED WHOLENESS TO MANKIND.
EVEN ONLY THEIR SHADOW HEALED PASSIONS.
ONE, A FISHERMAN, PERFORMED MIRACLES,
THE OTHER, A HEBREW, EXPLAINED THE TEACHINGS OF GRACE.
BECAUSE OF THEM, O MERCIFUL ONE, //
GRANT US GREAT MERCY.

OUR UNRIGHTEOUS DEEDS HAVE BECOME OUR ENEMIES,
AND WE RUN TO YOU, THE LIVING GOD.
WE OFFER YOU THE WORDS OF YOUR DISCIPLE:
“SAVE US, LORD, BEFORE WE PERISH.”
SHOW YOURSELF NOW TO OUR ENEMIES,
FOR BY THE PRAYERS OF YOUR APOSTLES
YOU PROTECT YOUR PEOPLE AND SAVE THEM FROM DANGER,
OVERLOOKING ALL THEIR SINS IN YOUR GREAT GOODNESS.//
O LORD: GLORY TO YOU.

To the martyrs

EVERY CITY AND COUNTRY HONOURS YOUR RELICS, O VICTORIOUS MARTYRS,
FOR HAVING STRUGGLED LAWFULLY,
YOU WON HEAVENLY CROWNS.
YOU ARE THE JOY OF PRIESTS;//
THE VICTORY OF KINGS AND THE ADORNMENT OF CHURCHES.

Glory... Now and ever...

Theotokos Hymn To the special melody: *Joseph Of Arimathea*

O JOY OF ALL THE AFFLICTED,
PATRON OF THE WRONGED AND SUSTAINER OF THE POOR,
COMFORT OF STRANGERS AND HAVEN OF THE BESTORMED,
VISITATION OF THE SICK,
PROTECTION AND AID OF THE OPPRESSED AND STAFF OF THE BLIND:
O MOTHER OF THE MOST HIGH GOD.
WE ALL FALL DOWN BEFORE YOU AND CRY OUT://

RESCUE US FROM ALL EVIL.

THURSDAY VESPERS:

LORD I CALL...

Stikhs to the Cross

O SAVIOUR:
SEEING YOU NAILED TO THE CROSS,
THE SUN WAS DARKENED IN FEAR.
THE CURTAIN OF THE TEMPLE WAS TORN IN TWO.
THE EARTH QUAKED; THE ROCKS SHATTERED WITH TREMBLING,
UNABLE TO BEAR THE SIGHT OF THE CREATOR AND GOD,
SUFFERING OF HIS OWN WILL UPON THE WOOD,//
SHAMEFULLY TREATED BY LAWLESS MEN.

AFTER THE SNAKE OF ALL EVIL
LIFTED YOU UNLAWFULLY UPON THE CROSS, O LOVER OF MANKIND,
HE WAS CAST DOWN FOREVER ON THE EARTH,
UTTERLY OVERTHROWN AND PROSTRATE, HE LAY A FALLEN CORPSE.
ADAM'S CURSE WAS LOOSED, AND THE CONDEMNED WAS SAVED.
THEREFORE WE ENTREAT YOU TO SAVE US AND HAVE MERCY ON US,//
MAKING US WORTHY OF YOUR KINGDOM.

O SAVIOUR: WHEN YOU WERE LIFTED UP ON THE CROSS,
AND YOUR SIDE PIERCED WITH A LANCE,
THE SUN HID ITSELF, NOT WANTING TO BEHOLD YOU, O SINLESS ONE.
THE EARTH QUAKED; THE ROCKS SPLIT IN FEAR.
YOU ENDURED SHAMEFUL TREATMENT,
YET THE WHOLE CREATION CRIED OUT TO YOU:
GLORY TO YOUR CRUCIFIXION, O WORD,//
BY WHICH YOU HAVE SAVED ALL, O LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

WHEN THE PURE EWE SAW HER LAMB LED WILLINGLY TO THE SLAUGHTER,
SHE CRIED OUT WITH WEEPING:
DO YOU HASTEN TO LEAVE ME, YOUR MOTHER, CHILDLESS, O CHRIST ?
WHAT HAVE YOU DONE TO SUFFER LIKE THIS ?//
I WILL SING AND GLORIFY YOUR GREAT AND INEFFABLE GOODNESS, O LOVER OF MANKIND.

APOSTIKHA:

Stikhs to the Cross

SAVE ME, O SAVIOUR CHRIST,
BY THE POWER OF THE CROSS
AND HAVE MERCY ON ME,//
O GOD WHO SAVED PETER IN THE SEA.

LET HIM BE CRUCIFIED.
CRIED THOSE WHO HAD ALWAYS ENJOYED YOUR BLESSINGS
AND INSTEAD OF THE BENEFACTOR THEY ASKED TO RECEIVE BACK AN EVIL-DOER.
BUT, KEEPING SILENT, O CHRIST, YOU ENDURED THEIR INSOLENCE,//
IN YOUR DESIRE TO SUFFER AND TO SAVE US, AS THE LOVER OF MANKIND.

To the martyrs

O MARTYRS: YOU DID NOT SEEK FOR THE THINGS OF THE EARTH
AND SO WERE MADE WORTHY OF HEAVENLY JOY.
YOU BECAME FELLOW-CITIZENS WITH THE ANGELS.//
O LORD: THROUGH THEIR PRAYERS, HAVE MERCY ON US AND SAVE US.

Glory... Now and ever...

Theotokos Hymn To the special melody: *Joseph of Arimathea*

WHEN THE LAWLESS PEOPLE, O SAVIOUR,
PUT YOU, THE LIFE OF ALL, ON THE WOOD,
YOUR PURE AND BLAMELESS MOTHER STOOD BY AND CRIED OUT WEEPING:
WOE IS ME, MY SWEET CHILD, THE LIGHT OF MY EYES.
HOW CAN YOU BEAR TO BE NAILED TO THE CROSS BETWEEN EVIL-DOERS ?//
FOR YOU HUNG THE EARTH UPON THE WATERS.

FRIDAY MATINS:

After the 1st reading from the Psalter:

SESSIONAL HYMNS:

To the Cross

YOU HAVE WROUGHT SALVATION
IN THE MIDST OF THE EARTH, O CHRIST GOD.
YOU STRETCHED OUT YOUR ALL-PURE HANDS UPON THE CROSS;
YOU HAVE GATHERED TOGETHER ALL THE NATIONS//
WHO CRY ALOUD TO YOU: GLORY TO YOU, O LORD.

V: Extol the Lord our God; worship at His footstool for He is holy.
THROUGH YOUR OWN GOODNESS,
WE OFFER YOU YOUR LIFE-GIVING CROSS IN PRAYER:
SAVE YOUR PEOPLE AND ALL IN AUTHORITY,
GRANT THEM PEACE THROUGH THE THEOTOKOS,//
O ONLY LOVER OF MANKIND.
Glory... Now and ever...

Theotokos Hymn

THE EWE LAMB AND VIRGIN CRIED OUT AS SHE BEHELD THE DEAD CHRIST:
HOW TERRIBLE IS THE MURDER.
O SUN: HIDE YOUR LIGHT,
FOR THE CREATOR OF ALL IS WILLINGLY PUT TO DEATH,//
AND THE ONLY LORD OF THE BODILESS ANGELS IS SEEN CONDEMNED.

After the 2nd reading from the Psalter:

SESSIONAL HYMN:

To the saints

LIKE THE THIEF, I CONFESS YOU,
AND CRY TO YOU, O GOOD ONE:
REMEMBER ME IN YOUR KINGDOM, O LORD,
AND NUMBER ME WITH HIM,//
SINCE FOR OUR SAKE YOU FREELY TOOK UPON YOURSELF THE PASSION.

V: Wonderful is God in His saints; the God of Israel.
THE SAINTS WERE CLOTHED IN YOU,
AS YOU CLOTHE THE HEAVENS WITH CLOUDS.
THEY ENDURED THE TORTURES OF TRANSGRESSORS IN THIS WORLD,
AND LAID LOW THE ERROR OF IDOLATRY.
BY THEIR PRAYERS, O SAVIOUR,//

SET US FREE FROM THE INVISIBLE ENEMY AND SAVE US.

Glory... Now and ever...

Theotokos Hymn

SHE WHO BORE YOU WITHOUT SEED
STOOD BY THE CROSS UNABLE TO ENDURE THE SIGHT OF YOUR SUFFERING UNJUSTLY.
SHE CRIED OUT TO YOU WITH WEEPING AND LAMENTATION:
O MY SWEET CHILD:
HOW DO YOU SUFFER, FOR BY NATURE YOU ARE IMPASSIBLE ?//
I SING THE PRAISES OF YOUR GREAT GOODNESS.

APOSTIKHA:

Of the Cross

"LET HIM BE CRUCIFIED"
CRIED OUT THOSE WHO HAD ALWAYS ENJOYED YOUR BLESSINGS,
AND INSTEAD OF THE BENEFACTOR THEY ASKED TO RECEIVE BACK AN
EVIL-DOER.
BUT KEEPING SILENT, O CHRIST, YOU ENDURED THEIR INSOLENCE,//
IN YOUR DESIRE TO SUFFER AND TO SAVE US, AS THE LOVER OF MANKIND.

BECOMING POOR BY YOUR OWN FREE WILL,
YOU BORE ADAM'S POVERTY, O CHRIST GOD,
AND CAME ON EARTH INCARNATE OF A VIRGIN:
YOU ACCEPTED THE CROSS
THAT YOU MIGHT FREE US FROM THE BONDAGE OF THE ENEMY.//
O LORD: GLORY TO YOU.

To the martyrs

SUFFERING FOR CHRIST TO THE POINT OF DEATH,
O PASSION-BEARING MARTYRS,
YOU RETAIN YOUR SOULS IN HEAVEN IN THE HAND OF GOD,
WHILE YOUR RELICS ARE WATCHED OVER IN ALL THE EARTH.
PRIESTS AND KINGS AND ALL PEOPLES VENERATE THEM,
AND WE, BEING TAUGHT, CRY OUT ACCORDING TO THE CUSTOM://
PRECIOUS IN THE SIGHT OF THE LORD IS THE DEATH OF HIS SAINTS.

Glory... Now and ever...

Theotokos Hymn

WHEN THE EWE-LAMB SAW YOU, HER OWN LAMB,
ON THE CROSS AND PIERCED WITH NAILS,
SHE GROANED AND WAS STRUCK WITH FEAR AND AWE:
HOW CAN IT BE THAT YOU ARE DYING,
WISHING, O MY SON, TO TEAR UP THE DEBT OF ADAM, THE FIRST-FORMED
MAN,
AND TO REDEEM FROM DEATH ALL HUMANITY ?//
GLORY TO YOUR DISPENSATION, O LOVER OF MANKIND.

FRIDAY VESPERS:

LORD I CALL...

Stikhs to the martyrs

YOU DID NOT SEEK FOR THE THINGS OF THE EARTH,
AND SO WERE MADE WORTHY OF HEAVENLY JOY, O MARTYRS.
YOU BECAME FELLOW-CITIZENS WITH THE ANGELS.//
O LORD: THROUGH THEIR PRAYERS, HAVE MERCY ON US AND SAVE US.

BY THE HOLY MARTYRS' PRAYING FOR US,
AND SINGING THE PRAISES OF CHRIST,
ALL ERROR HAS COME TO AN END,//
AND MANKIND IS BEING SAVED BY FAITH.

THE COMPANY OF MARTYRS CHALLENGED THEIR TORTURERS:
WE FIGHT FOR THE LORD OF HOSTS.
EVEN THOUGH YOU CONDEMN US TO FIRE AND TORTURE,//
WE WILL NOT DENY THE POWER OF THE TRINITY.

Glory... Now and ever...

Theotokos Hymn

THE SHADOW OF THE LAW PASSED WHEN GRACE CAME.
AS THE BUSH BURNED, YET WAS NOT CONSUMED,
SO THE VIRGIN GAVE BIRTH, YET REMAINED A VIRGIN.
THE RIGHTEOUS SUN HAS RISEN INSTEAD OF A PILLAR OF FLAME.//
INSTEAD OF MOSES, CHRIST, THE SALVATION OF OUR SOULS.

APOSTIKHA

To the martyrs

GREAT IS THE GLORY
YOU OBTAINED BY FAITH, O SAINTS.
NOT ONLY DID YOU DEFEAT THE ENEMY IN YOUR SUFFERINGS,
BUT EVEN AFTER DEATH YOU DRIVE OUT SPIRITS,
HEALING THE SICK, O PHYSICIANS OF SOULS AND BODIES.
ENTREAT THE LORD //
TO HAVE MERCY ON OUR SOULS.

Stikhs for the departed

AS THE FLOWER WITHERS, AND A DREAM PASSES AWAY,
SO THE FLESH OF EVERY ONE IS DISSOLVED AT DEATH.
BUT AT THE SOUND OF THE TRUMPET, ALL THE DEAD SHALL ARISE,
TREMBLING BEFORE YOUR COMING, O CHRIST GOD.
THEN, O MASTER, ESTABLISH IN THE MANSIONS OF THE RIGHTEOUS//
THE SOULS OF YOUR SERVANTS WHOM YOU HAVE TAKEN FROM US.

WOE IS ME.
HOW GREAT A STRUGGLE THE SOUL ENDURES AT ITS PARTING FROM THE BODY.
WOE IS ME. HOW MANY TEARS IT SHEDS THEN.
BUT THERE IS NONE TO SHOW IT COMPASSION.
IT TURNS TO THE ANGELS, BUT PRAYS IN VAIN;
STRETCHING OUT ITS HANDS TO PEOPLE, IT FINDS NO ONE TO HELP.
THEREFORE, O MY BELOVED BRETHREN,
REFLECTING ON THE SHORTNESS OF OUR LIFE,
LET US BESEECH CHRIST TO GIVE REST TO THE DEPARTED,//
AND GRANT GREAT MERCY TO OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

SAVE YOUR SERVANTS FROM TRIBULATIONS, O VIRGIN THEOTOKOS,
FOR AFTER GOD WE ALL RUN TO YOU,//
AS OUR UNSHAKEABLE HAVEN AND PROTECTION.

SATURDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN:

To the saints

YOU HAVE MADE YOUR SAINTS SHINE BRIGHTER THAN GOLD, O CHRIST,
AND GLORIFIED YOUR HOLY ONES.
THEY CRY OUT TO YOU ON OUR BEHALF, O GOOD ONE:
DIRECT OUR LIVES AS THE LOVER OF MANKIND.
LET OUR PRAYER ARISE AS INCENSE,//
FOR YOU ALONE REST AMONG THE SAINTS.

V: God is wonderful in His saints; the God of Israel.

O MARTYRS OF THE LORD:
BLESSED IS THE EARTH THAT WAS DRENCHED WITH YOUR BLOOD,
AND HOLY THE TOMBS THAT RECEIVED YOUR BODIES.
YOU MADE A SPECTACLE OF THE ENEMY IN THE ARENA,
PROCLAIMING CHRIST WITH BOLDNESS.
WE ENTREAT YOU TO PRAY TO HIM, FOR HE IS GOOD,//
THAT HE MAY SAVE OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

YOUR MYSTERY, O THEOTOKOS, IS MOST GLORIOUS,
SURPASSING UNDERSTANDING,
FOR YOU ARE SEALED IN PURITY AND PRESERVED IN VIRGINITY.
WE KNOW YOU IN TRUTH TO BE THE MOTHER WHO GAVE BIRTH TO THE TRUE GOD.//
BESEECH HIM TO SAVE OUR SOULS.

After the final reading from the Psalter

SESSIONAL HYMN:

For the departed

O GIVER OF LIFE:
YOU RULE AS GOD OVER ALL MANKIND,
BOTH THE LIVING AND THE DEAD.
LISTEN TO THE PRAYERS OF YOUR SERVANTS:
SHOW YOUR COMPASSION AND MERCY TOWARDS ALL.
GIVE REMISSION TO THE SOULS OF THE DEPARTED WITH THE HOPE THAT IS IN YOU,//
FOR YOU ARE THE ONLY GOOD ONE.

V: Blessed are those whom You have chosen and taken, O Lord.
REMEMBER YOUR SERVANTS, O LORD, IN YOUR LOVE
AND FORGIVE THEM ALL THE SINS THEY COMMITTED IN THIS LIFE,
FOR NO ONE IS SINLESS BUT YOU, O LORD,//
WHO CAN GIVE REST TO THE DEPARTED.

Glory... Now and ever...

Theotokos Hymn

O HOLY MOTHER OF THE INEFFABLE LIGHT:
WE REVERENTLY MAGNIFY YOU,//
SINGING ANGELIC PRAISES IN YOUR HONOUR.

APOSTIKHA

To the martyrs

TAKING UP THE CROSS OF CHRIST AS THEIR INVINCIBLE WEAPON,
THE HOLY MARTYRS HAVE DESTROYED ALL THE POWER OF THE DEVIL.
THEY HAVE RECEIVED HEAVENLY CROWNS,
AND HAVE BECOME A WALL OF DEFENCE FOR US//
EVER INTERCEDING ON BEHALF OF US ALL.

V: Blessed are those whom You have chosen and taken, O Lord.

For the departed

O MASTER:
BY YOUR LIFE-GIVING DEATH,
YOU HAVE OVERTHROWN DEATH'S VIOLENCE AND CORRUPTION.
YOU HAVE BECOME A FOUNTAIN OF ETERNAL LIFE FOR ALL,
GIVING RESURRECTION TO THE DEAD.
THEREFORE, WE ENTREAT YOU:
GIVE REST, O SAVIOUR, AS THE LOVER OF MANKIND,
TO THOSE WHO HAVE DEPARTED TO YOU IN FAITH.//
COUNT THEM WORTHY OF THE FULNESS OF YOUR GLORY.

V: Their memorial is from generation to generation.

DESIRING IN YOUR SURPASSING LOVE
TO SAVE THE WORK OF YOUR HANDS,
WITH JOY YOU FULFILLED THE DEEP MYSTERY
OF THE WORK OF YOUR REDEMPTION:
YOU BOUGHT THE WHOLE WORLD AT THE PRICE OF YOUR PRECIOUS BLOOD.
THEREFORE WE ENTREAT YOU, O LOVER OF MANKIND:
BE MERCIFUL TO THOSE WHO HAVE DEPARTED TO YOU IN FAITH.//
COUNT THEM WORTHY OF THE SWEETNESS OF YOUR BEAUTY.

Glory... Now and ever...

Theotokos Hymn

O PURE VIRGIN:
YOU CONCEIVED GOD WHO REPAYS THE DEBT OF OUR FIRST MOTHER EVE.
HE BESTOWS INCORRUPTION AND RESURRECTION UPON THE FAITHFUL;
HE CROWNS WITH IMMORTAL GLORY THOSE WHO GLORIFY YOU.
DO NOT CEASE TO INTERCEDE BEFORE HIM, O BRIDE OF GOD,//
THAT HE MAY SHINE UPON US ALL WITH THE LIGHT OF HIS SPLENDOUR.

DAILY THEOTOKOS HYMNS:

SATURDAY AND SUNDAY (*FRIDAY & SATURDAY EVENINGS*)

BEYOND ALL THOUGHT AND EXCEEDINGLY GLORIOUS ARE YOUR
MYSTERIES, O THEOTOKOS.
SEALED IN PURITY AND PRESERVED IN VIRGINITY,
YOU WERE REVEALED AS TRULY THE MOTHER WHO BORE THE TRUE GOD.//
BESEECH HIM TO SAVE OUR SOULS.

MONDAY (*SUNDAY EVENING*)

YOU ARE A FOUNTAIN OF COMPASSION, O THEOTOKOS:
BEHOLD A SINFUL PEOPLE, AND GRANT MERCY TO US.
REVEAL, AS ALWAYS, YOUR MIGHT.
AS WE TRUST IN YOU, WE CRY OUT: REJOICE,//
AS ONCE DID GABRIEL, THE LEADER OF THE HEAVENLY HOSTS.

TUESDAY & THURSDAY (*MONDAY & WEDNESDAY EVENINGS*)

THROUGH YOU, O EVER-VIRGIN THEOTOKOS,
WE HAVE BECOME PARTAKERS OF THE DIVINE NATURE,
FOR YOU GAVE BIRTH TO THE INCARNATE GOD FOR OUR SAKE.//
THEREFORE WE ALL DEVOUTLY MAGNIFY YOU.

WEDNESDAY & FRIDAY (*TUESDAY & THURSDAY EVENINGS*)

YOU ARE MOST GLORIOUS, O VIRGIN THEOTOKOS.
WE PRAISE YOU, FOR THROUGH THE CROSS OF YOUR SON,
HADES IS LAID LOW AND DEATH IS SLAIN.
WE WHO WERE DEAD IN SIN HAVE RISEN, AND HAVE BEEN GRANTED LIFE.
WE HAVE OBTAINED PARADISE, OUR FORMER DELIGHT.
THEREFORE WE THANK AND GLORIFY CHRIST OUR GOD,//
FOR HE ALONE IS MIGHTY AND GREAT IN MERCY.

MATINS DISMISSAL THEOTOKOS HYMNS:

MONDAY & SATURDAY MORNINGS:

O HOLY MOTHER OF THE INEFFABLE LIGHT:
HONOURING YOU WITH THE HYMNS OF THE ANGELS,//
WE RIGHTLY MAGNIFY YOU.

TUESDAY & THURSDAY MORNINGS:

WE MAGNIFY YOU, AND CRY OUT, O THEOTOKOS:
REJOICE, CLOUD OF THE NEVER-SETTING LIGHT,//
FOR YOU CARRIED THE LORD OF GLORY IN YOUR WOMB.

WEDNESDAY & FRIDAY MORNINGS:

O THEOTOKOS: WE MAGNIFY YOU, AND CRY OUT: REJOICE,
FOR YOU ARE THE STAFF FROM WHICH SPRANG FORTH WITHOUT SEED//
THE GOD WHO DESTROYED DEATH ON THE TREE.

TONE 3

SATURDAY VESPERS:

LORD I CALL...

BY YOUR CROSS, O CHRIST OUR SAVIOUR,
DEATH'S DOMINION HAS BEEN SHATTERED;
THE DEVIL'S DELUSION DESTROYED.
THE HUMAN RACE, BEING SAVED BY FAITH,//
ALWAYS OFFERS YOU A SONG.

ALL HAS BEEN ENLIGHTENED BY YOUR RESURRECTION, O LORD.
PARADISE HAS BEEN OPENED AGAIN.
ALL CREATION, PRAISING YOU,//
ALWAYS OFFERS YOU A SONG.

I GLORIFY THE POWER OF THE FATHER AND THE SON.
I PRAISE THE AUTHORITY OF THE HOLY SPIRIT —
THE UNDIVIDED, UNCREATED GODHEAD,//
THE CONSUBSTANTIAL TRINITY WHICH REIGNS FOREVER.

The Anatolian Stikhs

WE BOW DOWN IN WORSHIP BEFORE YOUR PRECIOUS CROSS, O CHRIST,
AND WE GLORIFY AND PRAISE YOUR RESURRECTION,//
FOR BY YOUR WOUNDS WE HAVE ALL BEEN HEALED.

WE PRAISE THE SAVIOUR INCARNATE OF THE VIRGIN,
FOR HE WAS CRUCIFIED FOR OUR SAKE, AND RESURRECTED ON THE THIRD DAY,//
GRANTING US GREAT MERCY.

CHRIST DESCENDED TO HADES, PROCLAIMING THE GLAD TIDINGS:
BEHOLD, NOW I HAVE TRIUMPHED.
I AM THE RESURRECTION, I WILL LEAD YOU OUT,//
FOR I HAVE SHATTERED THE GATES OF DEATH.

STANDING UNWORTHILY IN YOUR MOST PURE HOUSE, O CHRIST GOD,
WE OFFER OUR EVENING SONG, CRYING FROM THE DEPTHS:
YOU ENLIGHTENED THE WORLD BY YOUR RESURRECTION ON THE THIRD DAY,

O LOVER OF MANKIND,//
DELIVER YOUR PEOPLE FROM THE HAND OF YOUR ENEMIES.

3 Stikhs from the menaion

Glory... Now and ever...

Theotokos Hymn

HOW CAN WE NOT WONDER
AT YOUR MYSTICAL CHILDBEARING, O EXALTED MOTHER ?
FOR WITHOUT RECEIVING THE TOUCH OF MAN,
YOU GAVE BIRTH TO A SON IN THE FLESH, O IMMACULATE VIRGIN.
THE SON, BORN OF THE FATHER BEFORE ETERNITY,
WAS BORN OF YOU AT THE FULNESS OF TIME, O HONOURED LADY.
HE UNDERWENT NO MINGLING, NO CHANGE, NO DIVISION,
BUT PRESERVED THE FULLNESS OF EACH NATURE.
ENTREAT HIM TO SAVE THE SOULS, O LADY AND VIRGIN AND MOTHER,
OF THOSE WHO, IN THE ORTHODOX MANNER,//
CONFESS YOU TO BE THE THEOTOKOS.

APOSTIKHA

THE SUN WAS DARKENED BY YOUR PASSION, O CHRIST,
BUT ALL CREATION WAS ENLIGHTENED BY THE LIGHT OF YOUR
RESURRECTION.//
ACCEPT OUR EVENING SONG, LOVER OF MANKIND.

V: The Lord is King; He is robed in majesty.

YOUR LIFE-BEARING RESURRECTION, O LORD,
ENLIGHTENED THE WHOLE UNIVERSE, RECALLING YOUR CREATION.
DELIVERED FROM ADAM'S CURSE, WE SING://
O ALMIGHTY LORD, GLORY TO YOU.

V: For He has established the world, so that it shall never be moved.

YOU ARE THE CHANGELESS GOD,
WHO, SUFFERING IN THE FLESH, WERE CHANGED.
CREATION COULD NOT ENDURE SEEING YOU ON THE CROSS.
IT WAS FILLED WITH FEAR WHILE PRAISING YOUR PATIENCE.
BY DESCENDING TO HADES, AND RISING ON THE THIRD DAY,//
YOU HAVE GRANTED TO THE WORLD LIFE, AND GREAT MERCY.

V: Holiness befits Your house, Lord, forevermore.

YOU ENDURED DEATH, O CHRIST,
TO DELIVER THE HUMAN RACE FROM DEATH.
YOU ROSE FROM THE DEAD ON THE THIRD DAY,
RAISING WITH YOURSELF THOSE WHO KNEW YOU AS GOD,//
AND ENLIGHTENING THE WORLD: GLORY TO YOU.

Glory... Now and ever...

Theotokos Hymn

BY THE WILL OF THE FATHER, WITHOUT SEED,
OF THE HOLY SPIRIT, YOU CONCEIVED THE SON OF GOD.
HE WAS BORN OF THE FATHER BEFORE ETERNITY WITHOUT A MOTHER,
BUT NOW, FOR OUR SAKE, HE CAME FROM YOU WITHOUT A FATHER.//
DO NOT CEASE ENTREATING HIM TO DELIVER OUR SOULS FROM HARM.

SUNDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN:

CHRIST IS RISEN FROM THE DEAD,
THE FIRST-FRUITS OF THOSE THAT SLEEP:
THE FIRSTBORN OF ALL CREATION AND MAKER OF ALL CREATED THINGS.
IN HIMSELF HE RESTORED THE CORRUPTED NATURE OF MANKIND.
YOU SHALL REIGN NO MORE, O DEATH,//
FOR THE MASTER OF ALL HAS DESTROYED YOUR POWER.

V: Arise, Lord my God, lift up Your hand; do not forget Your poor forever.
O LORD: HAVING TASTED DEATH IN THE FLESH,
BY YOUR RESURRECTION, YOU EMPTIED DEATH OF ITS STING;
YOU HAVE STRENGTHENED MANKIND AGAINST DEATH,
PROCLAIMING THE ABOLITION OF THE ANCIENT CURSE.//
GLORY TO YOU, O LORD, THE PROTECTOR OF OUR LIVES.
Glory... Now and ever...
Theotokos Hymn
O THEOTOKOS: AS HE CRIED OUT TO YOU,
GABRIEL MARVELLED AT THE BEAUTY OF YOUR VIRGINITY;
THE GREAT BRIGHTNESS OF YOUR PURITY.
WHAT PRAISE FITTING FOR YOU CAN I OFFER ?
BY WHAT NAME MAY I CALL YOU ?
I AM TROUBLED AND AFRAID.
THEREFORE, AS I WAS COMMANDED, I RAISE MY CRY://
REJOICE, O FULL OF GRACE.

After the final reading from the Psalter:

SESSIONAL HYMN

HADES WAS DISMAYED, SEEING YOUR DIVINITY UNCHANGED, O LORD,
WHILE BEHOLDING YOUR VOLUNTARY PASSION.
IT MOURNED, AND SAID:
I TREMBLE BEFORE THE FLESH OF THE INCORRUPTIBLE PERSON.
I SEE HIM WHO CANNOT BE SEEN MYSTERIOUSLY FIGHTING ME,
WHILE THOSE I HOLD IN MY POWER ARE CRYING OUT://
GLORY, O LORD, TO YOUR RESURRECTION.

V: I will praise You, Lord, with my whole heart; I will speak of all Your marvellous works.

WHEN WE SPEAK OF THINGS THAT PERTAIN TO GOD,
WE FAITHFUL TOUCH UPON AN INEFFABLE MYSTERY:
THE CRUCIFIXION, WHICH THE MIND CANNOT COMPREHEND,
AND THE RESURRECTION, BEYOND ALL DESCRIPTION.
FOR TODAY, DEATH AND HADES ARE DESPOILED,
WHILE MANKIND IS CLOTHED IN INCORRUPTION.
THEREFORE, IN THANKSGIVING, WE CRY ALOUD://
GLORY, O CHRIST, TO YOUR RESURRECTION.

Glory... Now and ever...

Theotokos Hymn

O MOTHER OF GOD:
YOU MYSTERIOUSLY HELD IN YOUR WOMB
HIM, WHOM NONE CAN COMPREHEND, AND NOTHING CAN CONTAIN,
WHO IS ONE IN ESSENCE WITH THE FATHER AND THE SPIRIT.
BY YOUR CHILDBEARING, WE HAVE COME TO KNOW THAT IN THE WORLD,
THE ONE AND ONLY ENERGY OF THE TRINITY WITHOUT CONFUSION SHOULD BE GLORIFIED.
THEREFORE, IN THANKSGIVING, WE CRY ALOUD TO YOU://
REJOICE, O FULL OF GRACE.

THE CANON

ODE ONE:

FIRST CANON

IRMOS:

IN ANCIENT TIMES, GOD GATHERED THE WATERS TOGETHER,
AND DIVIDED THE SEA FOR THE PEOPLE OF ISRAEL.
HE IS OUR GOD, HE IS GLORIOUS,
TO HIM ALONE WILL WE SING,
FOR HE HAS BEEN GLORIFIED.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

He condemned the earth to bear thorns in the sweat of the transgressor’s brow; He accepted in the flesh the crown of thorns from the hands of lawless men. He is our God, He has broken the curse, for He has been glorified.

He was shown to be the Conqueror, smitten by death whom He vanquished. For putting on passable flesh, He wrestled with the tyrant. He is our God; He has raised all mankind with Himself, for He has been glorified.

R: O MOST HOLY THEOTOKOS: SAVE US.

All nations glorify you, O true Theotokos, for you have brought forth without seed. Our God came down into your sanctified womb, and endowed with our being, both God and man, He was born of you.

SECOND CANON

IRMOS:
O PEOPLES: LET US SING A NEW SONG,
TO THE ONE WHO, FOR OUR SALVATION, WAS BORN OF THE VIRGIN,
UNITING EARTH TO HEAVEN,
FOR HE HAS BEEN GLORIFIED.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
By His divine blood, Christ redeemed mortals held in bondage to the tyrant through love of sin. He renewed him and made him divine, for He has been glorified.

Christ, the Guardian of life, willingly tasted death as a mortal, but being immortal by nature, He made the dead to live, for He has been glorified.

Theotokos Hymn

What an exchange has come to pass in you; for God, the Source of all good, has given us the divine Spirit, while He has taken flesh from you, O Maiden, for He has been glorified.

ODE THREE:

FIRST CANON

IRMOS:
O ALMIGHTY LORD:
YOU BROUGHT ALL THINGS FROM NOTHING INTO BEING,
CREATED BY THE WORD AND PERFECTED BY THE SPIRIT:
ESTABLISH ME IN YOUR LOVE.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
The ungodly was brought to shame by Your Cross; he dug a pit, and himself fell into the hole which he made, but the horn of the humble is exalted by Your Resurrection, O Christ.

The proclamation of God has gone out to the nations as the waters cover the seas, for You rose from the tomb, Lover of mankind, revealing the Light of the Trinity to mankind.

Theotokos Hymn

Glorious things are spoken of you, O living city of the King who reigns forever; for through you, O Lady, God dwelt among those on earth.

SECOND CANON

IRMOS:

YOU SHATTERED THE BOW OF THE ENEMY,
AND BROKE HIS SHIELD IN YOUR STRENGTH.
YOU ARE OUR FIRM SUPPORT, O CHRIST.
HOLY ARE YOU, O LORD.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

O Pure Cross: you are shown to be the cleansing of all the symbols of purification, for Jesus, the Most High God, stretched out His hands on you.

Let all the faithful venerate you, O life-bearing tomb, for Christ our true God was buried in you and He arose from you.

Theotokos Hymn

The rod from the stem of Jesse has budded as the prophets foretold; the Virgin has blossomed You for us, O Christ: holy are You, O Lord.

ODE FOUR:

FIRST CANON

IRMOS:

O LORD: YOU SHOWED YOUR STEADFAST LOVE FOR US,
FOR YOU GAVE YOUR ONLY-BEGOTTEN SON UP TO DEATH FOR OUR SAKES.
THEREFORE, WITH THANKSGIVING, WE CRY OUT TO YOU:
GLORY TO YOUR POWER, O LORD.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

In Your compassion, You endured wounds and bruising, patiently enduring the insults of blows. You were long-suffering to their spitting: thus You have brought about my salvation. Glory to Your power, O Lord.

You partook of death in a mortal body for the sake of the misery of Your poor, and the sighs of the needy, O Life. You destroyed the destroyer, O glorified God, raising all with Yourself, O only Lover of mankind.

Theotokos Hymn

Receive the compassionate prayers of Your glorified Mother, O Christ, remember the flock which You have gathered by Your Passion, visiting it in its affliction: deliver it by Your might, O Lord.

SECOND CANON

IRMOS:

I HAVE HEARD OF THE STRANGE AND INEFFABLE MYSTERY OF YOUR BIRTH
AND I AM AFRAID.
JOYFULLY I CRY OUT TO YOU:
GLORY TO YOUR POWER, O LOVER OF MANKIND.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

By being crucified on Golgotha, You saved mankind, made in Your own image, that lay dead in sin through transgression.

At Your rising from the tomb, O Christ, death gave up the dead it had devoured, while the destroying kingdom of Hades was struck down.

Theotokos Hymn

O Lord: You are my portion, You are the inheritance I desire. You have united me with Your Person through the Virgin, becoming a Person in the flesh, O Word.

ODE FIVE:

FIRST CANON

IRMOS:

I SEEK YOU EARLY, O CREATOR OF ALL,
AND PEACE THAT PASSES UNDERSTANDING.
GUIDE ME IN YOUR COMMANDMENTS, FOR THEY ARE MY LIGHT.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

O All-seeing Lord: You were delivered to an unjust judge, through the envy of the Jews. You judged all the world in righteousness, and delivered Adam from the ancient condemnation.

O Christ: as You are risen from the dead, grant peace to Your Church, and by the virtue of Your Cross, save our souls.

Theotokos Hymn

O Holy Tabernacle, more spacious than the heavens: you received the Word of God whom all creation cannot contain. You alone are the ever-Virgin.

SECOND CANON

IRMOS:
WE RISE EARLY IN THE MORNING TO SING TO YOU, O LOVER OF MANKIND,
THE INVISIBLE WHO WAS SEEN ON EARTH:
THE INCOMPREHENSIBLE FREELY CONVERSING WITH MORTALS.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
As Your side was pierced by a spear, O my Christ, You set the woman free from the curse, she who was formed from the side of man, and was the mediator of ruin for all mankind.

O Christ our Saviour, equal in essence to the Father: You raised from the dead Your most pure and sacred body.

Theotokos Hymn

Though he fashioned living flesh for Himself from you, O Virgin, your Son, the Word of God, was not a created being: the Fashioner of Adam, the first-formed man.

ODE SIX:

FIRST CANON

IRMOS:
THE UTTER DEPTH OF SIN SURROUNDS ME AND MY SPIRIT FAILS,
BUT STRETCH OUT YOUR MIGHTY ARM AS YOU DID TO PETER IN THE SEA,
AND SAVE ME, O MY SAVIOUR.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
A depth of mercy and compassion surrounds me from Your merciful descent, for made flesh, and taking the form of a servant, You made me as God, and glorify me with Yourself, O Master.

When he saw the dead come to life, the one who deals in death died. These things are the tokens of Your Resurrection, O Christ, and the rewards of Your pure Passion.

Theotokos Hymn

O All pure One, beyond all understanding: you alone are the mediator between the Creator and mankind. Entreat the mercy of your Son for your erring servants, and be our defender.

SECOND CANON

IRMOS:
AS HE DWELT IN THE LOWEST DEPTHS OF HADES, JONAH, THE TYPE OF HUMAN NATURE, CRIED OUT: DELIVER ME FROM CORRUPTION, O LOVER OF MANKIND.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

Put Yourself to the test of wounds and blows, by Your suffering on the Cross, You raised with Yourself the wounded in Hades. Therefore I cry out to You: O Lover of mankind: deliver me from corruption.

The gates of Hades opened to You in fear, O Christ, while the spoil of the enemy was taken away. Thus when the women met You with sorrow, in its place, they carried joy away.

Theotokos Hymn

Deliver me from the depth of sin, and from the storm of passions, O most pure One. For you are a harbor and a depth of wonders for those who run to you in faith.

KONTAK:

ON THIS DAY YOU ROSE FROM THE TOMB, O MERCIFUL ONE,
LEADING US FROM THE GATES OF DEATH.
ON THIS DAY ADAM EXULTS AS EVE REJOICES;
WITH THE PROPHETS AND PATRIARCHS, //
THEY UNCEASINGLY PRAISE THE DIVINE MAJESTY OF YOUR POWER.

IKOS:

Let heaven and earth dance to day, and sing with one accord the praises of Christ. He who sits on one throne with God has raised those held captive from the grave. Together, all creation rejoices and brings every fitting song to the Creator and Deliverer of all. For today, as the Giver of Life, He drew mortal man from hell, lifting him up with Himself into heaven. He has trampled the pride of the enemy and broken the gates of Hades//
BY THE DIVINE MAJESTY OF HIS POWER.

ODE SEVEN:

FIRST CANON

IRMOS:

AS OF OLD, YOUR DEW REFRESHED THE THREE GODLY CHILDREN
IN THE CHALDEAN FURNACE,
SO ILLUMINE US WITH THE FIRE OF YOUR DIVINITY
FOR WE CRY ALOUD:
BLESSED ARE YOU, THE GOD OF OUR FATHERS.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

The bright curtain of the temple was torn by the Cross of the Creator proclaiming clearly to the faithful the hidden truth of the Scriptures, as they cry out: Blessed are

You, the God of our fathers.

When Your side was pierced, O Christ, divinely flowing streams of Your life-giving blood fell to the earth in God's dispensation, forming anew the earth-born, who cry out: Blessed are You, the God of our fathers.

R: GLORY TO YOU, O HOLY TRINITY, OUR GOD.

Let us the faithful glorify the Spirit of goodness, together with the Father and the only-begotten Son. Let us honour one Principle and Godhead in Trinity, crying out: Blessed are You, the God of our fathers.

SECOND CANON

IRMOS:

THE PROUD TYRANT BECAME A MOCKERY TO THE THREE CHILDREN
AS THEY TRAMPLED DOWN THE FIRE THAT FLAMED SEVEN-FOLD, AND SANG:
BLESSED ARE YOU, O LORD, GOD OF OUR FATHERS.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

The sun was darkened as it beheld not just a simple man, but God Incarnate, hung on the Cross. And we sing: Blessed are You, O Lord God of our fathers.

When the belly of Hades received the Giver of incorruption, strong in His divinity, it belched forth the souls of the just who cried out: Blessed are You, O Lord, God of our fathers.

Theotokos Hymn

You are a priceless treasury of blessings, O all pure One, for those who acknowledge you to be the Mother of God with purity of heart. For the God of our fathers was indeed made flesh of you.

ODE EIGHT: *Sung as stikhs on the Song of the Three Children*

FIRST CANON

IRMOS:

UNITED IN THE UNBEARABLE FIRE,
THE YOUTHS WHO FEARED GOD STOOD UNHARMED BY THE FLAME.
TOGETHER THEY SANG THE DIVINE HYMN:
BLESS THE LORD, ALL YOU WORKS OF THE LORD:
SING AND EXALT HIM THROUGHOUT ALL THE AGES.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

When Your Cross was set up on the place of the Skull, the glory of the temple was torn. All creation bowed down and sang in fear: Bless the Lord, all you works of the Lord:

exalt Him throughout all ages.

You are risen from the tomb, O Christ, and by the divine power of the Cross You restored mankind who was fallen through treachery who cried out and said: Bless the Lord, all you works of the Lord: exalt Him throughout all ages.

Theotokos Hymn

You are proclaimed to be the Temple of God, His living resting place and Ark, for you, O pure Theotokos, have reconciled the Creator to mortals, and as is fitting, we the creatures of the Lord praise and bless you above all forever.

SECOND CANON

IRMOS:

BY THE STRENGTH OF THE SPIRITUAL FIRE OF THE CROSS
THE GOD-BEARING CHILDREN QUENCHED THE MATERIAL FIRE AS THEY SANG:
BLESS THE LORD, ALL YOU WORKS OF THE LORD:
SING AND EXALT HIM THROUGHOUT ALL AGES.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

The Word is not subject to suffering, for He is impassible in His divinity, yet God suffers in the flesh, and to Him we sing: Bless the Lord, all you works of the Lord: exalt Him throughout all ages.

In the flesh You fell asleep as a mortal man, O Saviour. But You are risen as immortal, and save from death all who sing the song: Bless the Lord, all you works of the Lord: exalt Him throughout all ages.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.

Without ceasing we worship in reverence the Godhead, three Persons, yet united in one. And we sing: Bless the Lord, all you works of the Lord: exalt Him throughout all ages.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

THE MAGNIFICAT IS SUNG

ODE NINE:

FIRST CANON

IRMOS:

O, DIVINE AND GREAT NEW WONDER.
THE LORD PLAINLY PASSES THROUGH THE CLOSED GATE OF THE VIRGIN.

HE ENTERS UNCLOTHED, YET APPEARS GOD INCARNATE
WHILE THE GATE REMAINS SHUT.
INEFFABLY WE MAGNIFY HER AS THE MOTHER OF GOD.
R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
It is awesome to behold You, O divine Word: the Creator hung upon the Tree; to see God suffering in the flesh for the sake of His servants. Yet while lying lifeless in the tomb You released the dead from Hades. Therefore, we magnify You, O Christ, as almighty.

When You were laid dead in the tomb, You saved our forefathers from the corruption of death; You made life blossom and raised the dead, leading mortals to the light and clothing them in divine incorruption. Therefore, we magnify You, Fount of ever living light.

Theotokos Hymn

You are proclaimed as the Temple and Throne of God, for He who lives on high came to dwell in you, He who was born of you without help of man kept the gates of your flesh secure, O Virgin. Therefore, O holy Lady, by your unceasing prayers, be swift to trample the enemies of Orthodox Christians.

SECOND CANON

IRMOS:
AS WE BEHOLD YOUR BEAUTY IN WONDER, O PURE ONE,
WHOLLY WORTHY OF OUR LOVE,
WOUNDED BY THE SWEET ARROW OF YOUR MOST PURE CHILD,
WE FITTINGLY MAGNIFY YOU AS THE THEOTOKOS.
R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
From Your dishonourable death, You poured out honour on all mankind. For by having tasted crucifixion, O Saviour, You bestowed incorruption on me, a mortal, O Christ God, the Lover of mankind.

Rising from the grave, You saved me, O Christ. You exalted me and led me to the Father who begot You. You made me sit with You, O Lord, at His right hand through Your mercy and compassion.

Theotokos Hymn

For the faithful with devotion, no songs in praise of you can be enough, O pure Virgin, for with their love they receive divine and spiritual desire, rightly magnifying you as the Mother of God.

THE PRAISES

COME, ALL PEOPLES,
AND LEARN THE POWER OF THE AWESOME MYSTERY.
FOR CHRIST OUR SAVIOUR, WHO IS THE WORD FROM THE BEGINNING,
WAS CRUCIFIED AND FREELY SUFFERED BURIAL FOR OUR SAKE,
RISING FROM THE DEAD THAT HE MIGHT SAVE ALL THINGS://
COME, LET US WORSHIP HIM.

YOUR GUARDS TOLD OF ALL THE WONDERS, O LORD,
BUT THE VAIN COUNCIL FILLED THEIR HANDS WITH MONEY,
THINKING THAT THEY WOULD THEN CONCEAL YOUR RESURRECTION,
WHICH ALL THE WORLD GLORIFIES://
HAVE MERCY ON US.

EVERYTHING WAS FILLED WITH JOY,
ON LEARNING THE PROOF OF THE RESURRECTION.
MARY MAGDALENE CAME TO THE TOMB,
AND FOUND, IN RADIANT CLOTHING SITTING ON THE STONE, AN ANGEL,
WHO SAID:
WHY DO YOU SEEK THE LIVING AMONG THE DEAD ?
HE IS NOT HERE, BUT IS RISEN, AS HE FORETOLD,//
GOING BEFORE YOU INTO GALILEE.

The Anatolian stikhs

IN YOUR LIGHT, O MASTER, WE SEE LIGHT.
FOR YOU HAVE RISEN FROM THE DEAD,
GRANTING US SALVATION, AS THE LOVER OF MANKIND.
THE WHOLE CREATION GLORIFIES YOU, THE ONLY SINLESS ONE://
HAVE MERCY ON US.

THE MYRRHBEARING WOMEN
WERE BRINGING YOU A MORNING HYMN WITH TEARS, O LORD.
CARRYING SWEET-SMELLING SPICES,
THEY REACHED THE TOMB TO ANOINT YOUR ALL PURE BODY.
AN ANGEL SITTING ON THE STONE CRIED OUT TO THEM:
WHY DO YOU SEEK THE LIVING AMONG THE DEAD ?
FOR HAVING TRAMPLED DOWN DEATH, HE IS RISEN AS GOD,//
GRANTING TO ALL GREAT MERCY.

A SHINING ANGEL, AT YOUR LIFE-GIVING TOMB,

SAID TO THE MYRRH-BEARING WOMEN:
THE REDEEMER HAS EMPTIED THE GRAVES,
DESPOILED HADES, AND RISEN AGAIN ON THE THIRD DAY,//
AS THE ONLY AND ALL-POWERFUL GOD.

MARY MAGDALENE WAS SEEKING YOU AT YOUR TOMB,
AND NOT FINDING YOU, SHE CRIED OUT LAMENTING:
WOE IS ME, O MY SAVIOUR.
YOU ARE TAKEN AWAY, O KING OF ALL.
THE TWO LIFE-BEARING ANGELS CALLED OUT FROM WITHIN THE TOMB:
“O WOMAN, WHY ARE YOU WEEPING ?”
SHE SAID, “BECAUSE THEY HAVE TAKEN AWAY MY LORD,
AND I DO NOT KNOW WHERE THEY HAVE LAID HIM.”
AND TURNING ROUND, SHE CRIED OUT AS SHE RECOGNIZED YOU://
“MY LORD AND MY GOD.” GLORY TO YOU.

THEY HAVE SHUT LIFE IN THE TOMB.
THE THIEF OPENED HIS MOUTH WITH DELIGHT, AND CRIED OUT SAYING:
“THE ONE WHO WAS CRUCIFIED WITH ME,
HUNG ON THE TREE BY MY SIDE, FOR MY SAKE,
AND APPEARED TO ME SITTING WITH THE FATHER ON HIS THRONE.//
FOR HE IS CHRIST OUR GOD, WHO HAS GREAT MERCY.”

GLORY... GOSPEL HYMN

NOW AND EVER... TONE 2
YOU ARE MOST BLESSED...

THIRD CANON, TO THE THEOTOKOS

ODE ONE:

IRMOS:
IN ANCIENT TIMES, GOD GATHERED THE WATERS TOGETHER,
AND DIVIDED THE SEA FOR THE PEOPLE OF ISRAEL.
HE IS OUR GOD, HE IS GLORIOUS,
TO HIM ALONE WILL WE SING,//
FOR HE HAS BEEN GLORIFIED.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
All creation kneels before Him who took flesh of you, O Virgin: things of heaven with things of earth together with those beneath the earth, for He has been glorified.

What an exchange has come to pass in you. For God, the Source of all good, has given us the divine Spirit, while He has taken flesh from you, O Maiden, for He has been glorified.

ODE THREE:

IRMOS:
O ALMIGHTY LORD: YOU BROUGHT ALL THINGS FROM NOTHING INTO BEING,
CREATED BY THE WORD AND PERFECTED BY THE SPIRIT://
ESTABLISH ME IN YOUR LOVE.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
The rod from the stem of Jesse has budded as the prophets foretold; the Virgin has blossomed You for us, O Christ: holy are You, O Lord.

You became poor by taking our flesh from the Virgin, to make the sons of earth partakers in divinity: holy are You, O Lord.

ODE FOUR:

FIRST CANON

IRMOS:
O LORD: YOU SHOWED YOUR STEADFAST LOVE FOR US,
FOR YOU GAVE YOUR ONLY-BEGOTTEN SON UP TO DEATH FOR OUR SAKES.
THEREFORE, WITH THANKSGIVING WE CRY OUT TO YOU://
GLORY TO YOUR POWER, O LORD.
R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
O Lord: You established the mountains with the measure of divine knowledge; You were hewn from the mountain of the Virgin. Glory to Your power, O Lover of mankind.

O Lord: with strong medicine You healed our ailing nature, uniting it to Your pure Divinity in the Virgin, O Word.

O Lord: You are my portion, You are the inheritance I desire. You have united me with Your Person through the Virgin, becoming a Person in the flesh, O Word.

ODE FIVE:

IRMOS:
I SEEK YOU EARLY, O CREATOR OF ALL
AND PEACE THAT PASSES UNDERSTANDING.
GUIDE ME IN YOUR COMMANDMENTS, FOR THEY ARE MY LIGHT.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
Though he fashioned living flesh for Himself from you, O Virgin, your Son, the Word of God, was not a created being: the Fashioner of Adam, the first-formed man.

The Son of the Virgin and the Word of God, one perfect Person in two natures. Jesus the Lord is perfect God and perfect man.

ODE SIX:

IRMOS:
THE UTTER DEPTH OF SIN SURROUNDS ME AND MY SPIRIT FAILS,
BUT STRETCH OUT YOUR MIGHTY ARM AS YOU DID TO PETER IN THE SEA,
AND SAVE ME, O MY SAVIOUR.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
The One who does not partake of form, took our form from an untouched Maiden. He was man in form and substance without change in His divinity.

Deliver me from the depth of sin and from the storm of passions, O most pure One. For you are a harbour and a depth of wonders for those who run to you in faith.

ODE SEVEN:

IRMOS:
AS OF OLD, YOUR DEW REFRESHED THE THREE GODLY CHILDREN
IN THE CHALDEAN FURNACE,
SO ILLUMINE US WITH THE FIRE OF YOUR DIVINITY
FOR WE CRY ALOUD://
BLESSED ARE YOU, THE GOD OF OUR FATHERS.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
The Lord of glory and Master of the powers on high, Who sits with the Father, was held in the arms of the Virgin. Blessed are You, O Lord, God of our fathers.

You destroyed death in its boldness and strength when it battled with You, O Divine Person, incarnate of the Virgin. Blessed are You, O Lord, God of our fathers.

We all know you as the Theotokos, for you conceived God in your womb. One of the Trinity was made flesh and born of you, O pure One: Blessed is the fruit of your womb.

ODE EIGHT:

IRMOS:
UNITED IN THE UNBEARABLE FIRE,
THE YOUTHS WHO FEARED GOD STOOD UNHARMED BY THE FLAME.
TOGETHER THEY SANG THE DIVINE HYMN:
BLESS THE LORD, ALL YOU WORKS OF THE LORD://
SING AND EXALT HIM THROUGHOUT ALL THE AGES.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
O Blessed Virgin: exalted above the ranks of angels and the Mother set so close to God. We bless your Child and exalt Him throughout all ages.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.

You revealed a beauty beyond that of nature, flashing forth as lightning the flesh of God. We bless your Child and exalt Him throughout all ages.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

ODE NINE:

IRMOS:
O DIVINE AND GREAT NEW WONDER.
THE LORD PLAINLY PASSES THROUGH THE CLOSED GATE OF THE VIRGIN.
HE ENTERS UNCLOTHED, YET APPEARS GOD INCARNATE
WHILE THE GATE REMAINS SHUT.//
INEFFABLY WE MAGNIFY HER AS THE MOTHER OF GOD.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
You have established for us, O Christ, an Advocate who is never put to shame in the One who brought You forth. You give us the Spirit at her intercessions, O Giver of good, Who proceeds through You from the Father.

For the faithful with devotion, no songs in praise of you can be enough, O pure Virgin, for with their love they receive divine and spiritual desire, rightly magnifying you as the Mother of God.

SUNDAY
HYMNS

TROPAR

LET THE HEAVENS REJOICE.
LET THE EARTH BE GLAD.
FOR THE LORD HAS SHOWN STRENGTH WITH HIS ARM.
HE HAS TRAMPLED DOWN DEATH BY DEATH.
HE HAS BECOME THE FIRST BORN OF THE DEAD.
HE HAS DELIVERED US FROM THE DEPTHS OF HADES,
AND HAS GRANTED TO THE WORLD//
GREAT MERCY.

KONTAK

ON THIS DAY, YOU ROSE FROM THE TOMB, O MERCIFUL ONE,
LEADING US FROM THE GATES OF DEATH.
ON THIS DAY, ADAM EXULTS AS EVE REJOICES;
WITH THE PROPHETS AND PATRIARCHS,//
THEY UNCEASINGLY PRAISE THE DIVINE MAJESTY OF YOUR POWER.

THEOTOKOS HYMN

BEYOND ALL THOUGHT AND EXCEEDINGLY GLORIOUS
ARE YOUR MYSTERIES, O THEOTOKOS.
SEALED IN PURITY, AND PRESERVED IN VIRGINITY,
YOU WERE REVEALED AS TRULY THE MOTHER WHO BORE THE TRUE GOD.//
BESEECH HIM TO SAVE OUR SOULS.

SUNDAY VESPERS:

LORD I CALL...

Stikhs of repentance

I HAVE SINNED GREATLY, AND ANGERED YOU, O GOOD MASTER,
YET, AS YOU ARE THE MERCIFUL ONE,
ACCEPT ME AS I RETURN, LIKE THE PRODIGAL,
AND MAKE ME ONE OF YOUR HIRED SERVANTS,//
O FATHER IN HEAVEN.

I HAVE SPENT THE DAYS OF MY LIFE IN LAZINESS,
DRAWING NEAR TO THE END IN CONDEMNATION.
I HAVE GIVEN NO THOUGHT TO THE JUDGEMENT THAT AWAITS ME,
NOR TO MY SEPARATION FROM GOD.
BUT, O SAVIOUR, TURN ME BACK//
AND TAKE ME FROM ALL OF THIS.

DELIVER MY HUMBLE SOUL FROM HADES, O LORD,
FROM THE GNASHING OF TEETH, AND ETERNAL TORMENTS,
THAT, WITH FAITH, I MAY SING OF YOU,//
OUR GOD WHO ARE GOOD, AND THE LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

BY YOUR FERVENT INTERCESSION, O PURE LADY,
AND YOUR PRAYERS AS A MOTHER, O RULER OF CREATION,
FREE MY MIND FROM THE TERRIBLE RULE OF PASSIONS,//
AND MAKE ME A SERVANT OF YOUR SON AND YOUR GOD.

APOSTIKHA

Stikhs of repentance

WE OFFER YOU OUR EVENING HYMN, O CHRIST,
WITH INCENSE AND SPIRITUAL SONG.//
HAVE MERCY ON US, O SAVIOUR.

SAVE ME, O LORD MY GOD:
YOU ARE THE SALVATION OF ALL.
THE STORM OF MY PASSIONS TROUBLES ME;
THE YOKE OF MY SINS WEIGHS ME DOWN.
STRETCH OUT YOUR HAND TO HELP ME;
LEAD ME TO THE LIGHT OF REPENTANCE,//
FOR YOU ALONE ARE THE COMPASSIONATE LOVER OF MANKIND.

To the Cross

GREAT IS THE MIGHT OF YOUR CROSS, O LORD.
SET IN ONE PLACE, IT ACTS THROUGHOUT THE WORLD.
IT MADE FISHERMEN INTO APOSTLES,
AND THE GENTILES INTO MARTYRS.//
MAY THEY ALWAYS INTERCEDE FOR OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

WE HAVE PUT OUR TRUST IN YOU, O LADY,
PROTECTOR OF ALL WHO PRAY TO YOU.
WE GLORY IN YOU AND PUT ALL OUR HOPE IN YOU.//
PRAY TO YOUR SON FOR YOUR WORTHLESS SERVANTS.

MONDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN:

Of repentance

I WILL BE CONVICTED AT THE DREAD JUDGEMENT WITHOUT ACCUSERS,
AND CONDEMNED WITHOUT WITNESSES;
FOR THE BOOK OF MY CONSCIENCE WILL BE OPENED,
AND MY HIDDEN WORKS REVEALED.
O GOD: BEFORE YOU EXAMINE MY ACTIONS IN THE PRESENCE OF ALL CREATION,//
BE MERCIFUL TO ME AND SAVE ME.

V: O Lord: rebuke me not in Your anger.

HOW LONG, O MY SOUL, WILL YOU CONTINUE IN SIN ?
HOW LONG WILL YOU DELAY REPENTANCE ?
CALL TO MIND THE COMING JUDGEMENT AND CRY OUT TO THE LORD://
I HAVE SINNED, O SINLESS LORD. SAVE ME.

Glory... Now and ever...

Theotokos Hymn

EACH ONE TURNS TO THE PLACE WHERE HE CAN FIND SALVATION,
AND FOR GOOD REASON.
WHAT OTHER REFUGE DO WE HAVE LIKE YOU, O THEOTOKOS,//
THE PROTECTION OF OUR SOULS.

After the final reading from the Psalter:

SESSIONAL HYMN:

Of repentance and the angels

AS ALMIGHTY, YOU HAVE BROUGHT ALL THINGS IN HEAVEN AND ON EARTH INTO BEING BY A WORD:
THE CHOIRS OF ANGELS STAND BY IN AWE
AND OFFER CEASELESS PRAISE TO YOU, O MASTER.
YOU MAKE THE ENDS OF THE EARTH SHINE WITH YOUR LIGHT.
WE JOIN THEM, CRYING OUT TO YOU://
IN YOUR COMPASSION, SAVE US.

V: Wonderful is God in His saints: the God of Israel.

WHO DOES NOT MARVEL AT THE VICTORIOUS STRUGGLES OF THE HOLY MARTYRS ?
WHO IS NOT ASTONISHED THAT THEY REMAINED EVER UNDEFEATED ?

BURNT WITH FIRE AND SCOURGED, SLAUGHTERED, AND CAST TO THE WILD BEASTS,
THEY WERE VICTORIOUS OVER THE OPPOSING ENEMY.
THEY REJECTED THE FLATTERY OF KINGS WITH LOATHING,
AND SCORNED THE TYRANTS' THREATS.
THEREFORE, THEY RECEIVED CROWNS FROM CHRIST OUR GOD//
WHO GRANTS THE WORLD GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

WHEN THE PURE VOICE CAME TO YOU,
THE THINGS OF HEAVEN REJOICED IN FEAR
AND THE THINGS OF EARTH CELEBRATED WITH AWE.
THE SAME FEAST DAWNED FOR THEM BOTH AS THE MASTER SAVED THE FIRST-FORMED MAN.
THEREFORE, TOGETHER WITH THE ANGEL WE CRY OUT TO YOU://
REJOICE, FOR YOU HAVE FOUND FAVOUR WITH GOD.

APOSTIKHA

Stikhs of repentance

O LORD: GATHER MY SCATTERED MIND,
AND CLEANSE MY BARREN HEART.
GRANT ME REPENTANCE, AS YOU GAVE TO PETER,
GROANS, AS YOU GAVE THE PUBLICAN, AND TEARS, AS THE HARLOT,
SO THAT I MAY CRY OUT TO YOU WITH A LOUD VOICE:
SAVE ME, O GOD, //
AS YOU ALONE ARE TENDER-HEARTED, AND THE LOVER OF MANKIND.

OFTEN, WHEN I STAND TO SING THE HYMNS,
I AM FOUND TO BE COMMITTING SINS.
WITH MY TONGUE, I AM SINGING PRAISES,
BUT WITH MY SOUL, I AM CONSIDERING INAPPROPRIATE THINGS.
BUT, CORRECT BOTH THROUGH REPENTANCE, O CHRIST GOD,//
AND SAVE ME.

COME, ALL YOU PEOPLE,
LET US HONOUR THE MEMORY OF THE MARTYRS:
THEY BECAME A SPECTACLE FOR BOTH ANGELS AND MANKIND;
THEY RECEIVED FROM CHRIST THE CROWNS OF VICTORY,//
AND NOW, THEY CEASELESSLY PRAY FOR OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

SINCE YOU ARE HIGHER THAN THE ANGELS OF HEAVEN, O ALL-HOLY ONE,
BRING THE PRAYER OF EARTH-BORN MORTALS TO THE MASTER OF ALL,
THAT THEY MAY BE SAVED//
WHO CONFESS YOU IN FAITH TO BE THE THEOTOKOS.

MONDAY VESPERS:

LORD I CALL...

Stikhs of repentance

SEEING HOW LAZY I AM AT USEFUL THINGS,
THE SUBTLE SERPENT BECKONS ME TO EVIL,
TRANSFORMING HIMSELF TO SHOW ME THE SWEETNESS OF SIN,
THE WICKED WORK OF HIS OWN HANDS,
CONTRARY TO THE COMMANDMENTS OF GOD.
THUS, HE PUSHES ME, //
THROUGH EVIL HABITS, TO ACCEPT EVIL FOR GOOD.

I HAVE ZEALOUSLY TRAVELLED EVERY PATH OF SIN AND LAWLESSNESS,
ABANDONING THE PATH OF RIGHTEOUSNESS TO THE END.
NOW I APPROACH THE GATES OF DEATH, AND CRY OUT:
O GOOD JESUS, THE WAY OF LIFE:
RETURN ME TO THE WIDE PATH OF TRUE REPENTANCE;
SAVE ME, AND HELP ME TO CHANGE MY WAYS,//
AND, BEFORE I DIE, MAKE ME WORTHY OF DIVINE FORGIVENESS.

DEAD FROM ALL KINDS OF SINS,
MANY TRANSGRESSIONS, AND GREAT UNRIGHTEOUSNESS,
I LIE DEAD AND HELPLESS, INDEED,
AND MY HOPE IN YOUR COMPASSION IS ALL THAT LIVES IN ME.
YOU GIVE BREATH AND LIFE TO THE DEAD, O CHRIST,
PUTTING TO DEATH THE PASSIONS THAT HAVE KILLED US.//
TAKE ME UP BEFOREHAND FROM ETERNAL DEATH.

Glory... Now and ever...

Theotokos Hymn

O VIRGIN, BEARER OF THE UNQUENCHABLE LIGHT:
SHOW US THE WAY TO REPENTANCE.
TAKE ME BENEATH THE COVER OF YOUR VEIL,
FOR I AM BURIED IN DARKNESS.//
BY YOUR PRAYERS, SAVE ME FROM THE FIRES OF HADES.

APOSTIKHA

Stikhs of repentance

WE OFFER YOU OUR EVENING HYMN, O CHRIST,
WITH INCENSE AND SPIRITUAL SONG.//
O SAVIOUR: HAVE MERCY ON US.

SAVE ME, O LORD MY GOD:
YOU ARE THE SALVATION OF ALL.
THE STORM OF MY PASSIONS TROUBLES ME;
THE YOKE OF MY SINS WEIGHS ME DOWN.
STRETCH OUT YOUR HAND TO HELP ME;
LEAD ME TO THE LIGHT OF REPENTANCE,//
FOR YOU ALONE ARE THE COMPASSIONATE LOVER OF MANKIND.

To the martyrs

GREAT IS THE MIGHT OF YOUR MARTYRS, O CHRIST,
FOR THOUGH THEY LIE IN THEIR TOMBS THEY DRIVE AWAY DEMONS,
AND DEFEAT THE POWER OF THE ENEMY.
THEY HAVE LIVED THEIR LIVES IN BATTLE FOR PIETY//
BY FAITH IN THE TRINITY.

Glory... Now and ever...

Theotokos Hymn

YOU ARE HOLY AMONG WOMEN, O UNWEDDED MOTHER.
ENTREAT THE KING AND SON WHOM YOU BORE//
TO SAVE OUR SOULS, O THEOTOKOS.

TUESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN:

Of repentance

REPENT, O MY SOUL, WHILE YOU STILL DWELL UPON THE EARTH,
FOR IN THE TOMB THE DUST CANNOT OFFER PRAISE OR GAIN DELIVERANCE FROM SIN.
CRY OUT TO CHRIST YOUR GOD:
YOU KNOW THE HEARTS OF MANKIND;
I HAVE SINNED, BUT BEFORE YOU CONDEMN ME,//
HAVE MERCY ON ME.

V: O Lord: rebuke me not in Your anger.
I PROMISE TO REPENT AT THE HOUR OF PRAYER,
YET THE ENEMY SKILFULLY URGES ME TO SIN.//
BUT, DELIVER ME FROM HIM, O GOD, AND HAVE MERCY ON ME.
Glory... Now and ever...

Theotokos Hymn

O THEOTOKOS: YOU ARE OUR REFUGE AND OUR MIGHT,
YOU ARE THE STRONG HELP OF THE WORLD.
BY YOUR INTERCESSIONS PROTECT YOUR SERVANTS FROM ALL CALAMITY,//
FOR YOU ALONE ARE BLESSED.

After the final reading from the Psalter:

SESSIONAL HYMN:

To the Forerunner

O PROPHET AND FORERUNNER:
WE RUN BENEATH YOUR PROTECTION
AND CRY IN FAITH FROM THE DEPTHS OF OUR SOULS:
PUT TO SLEEP THE TURMOIL OF TEMPTATIONS AND DANGER
AND THE TURBULENCE OF SICKNESS;
DESTROY THE INTENTIONS OF THE EVIL ENEMY//
AND ASK FOR US GREAT MERCY.

V: Wonderful is God in His saints: the God of Israel.
YOUR BRAVE ENDURANCE, O GLORIOUS MARTYRS,
DEFEATED THE CRAFT OF THE ENEMY, THE SOURCE OF ALL EVIL:
THEREFORE, YOU WERE COUNTED WORTHY OF ETERNAL BLESSEDNESS.
INTERCEDE, THEN, WITH THE LORD, O WITNESSES OF THE TRUTH,//

FOR THE SALVATION OF CHRIST'S FAITHFUL FLOCK.

Glory... Now and ever...

Theotokos Hymn

ONE RUNS WITH HASTE TO WHERE ONE FINDS SALVATION,
AND WHAT REFUGE HAVE WE, OTHER THAN YOU,//
O THEOTOKOS, THE SHELTER OF OUR SOULS.

APOSTIKHA

Stikhs of repentance

O LORD: GATHER MY SCATTERED MIND,
AND CLEANSE MY BARREN HEART.
GRANT ME REPENTANCE, AS YOU GAVE TO PETER,
GROANS, AS YOU GAVE TO THE PUBLICAN, AND TEARS TO THE HARLOT,
SO THAT I MAY CRY TO YOU WITH A LOUD VOICE:
SAVE ME, O GOD,//
AS YOU ALONE ARE TENDER-HEARTED, AND THE LOVER OF MANKIND.

OFTEN, WHEN I STAND TO SING THE HYMNS,
I AM FOUND TO BE COMMITTING SINS.
WITH MY TONGUE I AM SINGING PRAISES,
BUT WITH MY SOUL, I AM CONSIDERING INAPPROPRIATE THINGS.
BUT, CORRECT BOTH THROUGH REPENTANCE, O CHRIST GOD,//
AND SAVE ME.

THE WARRIORS OF CHRIST, FILLED WITH MIGHTY COURAGE,
DESPISED THE FEAR OF KINGS AND TORTURERS.
THEY CONFESSED HIM TO BE OUR KING, OUR LORD AND GOD,//
AND NOW THEY CEASELESSLY PRAY FOR OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

YOU CONCEIVED OF THE HOLY SPIRIT, WITHOUT SEED,
AND WE GIVE GLORY, CRYING OUT TO YOU://
REJOICE, O ALL-HOLY VIRGIN.

TUESDAY VESPERS:

LORD I CALL...

Stikhs of the Cross

CREATION WAS CHANGED BY YOUR CRUCIFIXION, O LORD:
THE SUN HID ITS RAYS IN FEAR;
THE VEIL OF THE TEMPLE WAS TORN IN TWO,
AND ALL WHO BELIEVE ARE SAVED.//
THEREFORE, WE GLORIFY YOUR IMMEASURABLE GOODNESS.

GOD THE MASTER, IN HIS GOODNESS, ASSUMED OUR FLESH,
NAILING IT UPON THE CROSS.
HE WAS PLEASED, IN HIS COMPASSIONATE MERCY,
TO BE LIFTED UP IN THE FLESH,//
RAISING US, WHEN WE HAD BEEN OVERTHROWN.

THE DROPS OF BLOOD AND WATER
THAT POURED IN A DIVINE AND ABUNDANT STREAM FROM YOUR SIDE,
FASHIONED THE WORLD ANEW,
FOR YOU WASH AWAY THE SINS OF ALL MANKIND WITH WATER, O LORD;//
YOU WRITE THEIR PARDON IN BLOOD.

Glory... Now and ever...

Theotokos Hymn

O PURE ONE: A SWORD PIERCED YOUR HEART,
WHEN YOU BEHELD YOUR SON CRUCIFIED.
O VIRGIN: YOU CRIED OUT WEEPING:
“DO NOT LEAVE ME CHILDLESS, O MY SON AND MY GOD.//
PROTECT ME AT YOUR RESURRECTION.”

APOSTIKHA

Stikhs to the Cross

O CHRIST: I VENERATE YOUR PRECIOUS CROSS,
THE GUARDIAN OF THE WORLD AND THE SALVATION OF US SINNERS.
IT IS THE MIGHTY GIFT OF PROPITIATION,//
THE VICTORY OF RULERS AND PRIDE OF THE UNIVERSE.

THE TREE OF DISOBEDIENCE BROUGHT DEATH TO THE WORLD,
BUT THE TREE OF THE CROSS BLOSSOMED INTO LIFE AND INCORRUPTION.
THEREFORE, WE WORSHIP YOU, THE CRUCIFIED LORD;//
LET THE LIGHT OF YOUR COUNTENANCE SHINE ON US.

To the saints

THE PROPHETS, APOSTLES, AND MARTYRS OF CHRIST
TAUGHT US TO PRAISE THE CONSUBSTANTIAL TRINITY.
HAVING ENLIGHTENED THE NATIONS THAT HAD GONE ASTRAY,//
THEY MADE THE SONS OF MANKIND COMPANIONS OF THE ANGELS.

Glory... Now and ever...

Theotokos Hymn

AS SHE BEHELD YOU LIFTED UPON THE CROSS, O MY CHRIST,
YOUR PURE MOTHER, WHO BORE YOU WITHOUT DEFILEMENT,
LAMENTED AND CRIED OUT WITH WEEPING:
AS YOU PRESERVED ME INVIOLATE IN BEARING YOU,//
DO NOT LEAVE ME CHILDLESS.

WEDNESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

Of the Cross

THE HOSTS OF ANGELS WERE AMAZED,
BEHOLDING YOUR INFINITE POWER, AND SEEING YOUR VOLUNTARY CRUCIFIXION.
HOW WERE YOU, UPON WHOM NONE MAY GAZE,
SCOURGED IN THE FLESH IN YOUR DESIRE TO REDEEM MANKIND FROM CORRUPTION ?
THEREFORE, WE CRY TO YOU AS THE GIVER OF LIFE://
GLORY TO YOUR KINGDOM, O CHRIST.

V: Extol the Lord our God; worship at His footstool for it is holy.
SET UP ON THE EARTH, THE CROSS TOUCHED THE HEAVENS,
NOT BECAUSE THE WOOD COULD REACH SO HIGH,
BUT, BECAUSE YOU WERE CRUCIFIED UPON IT,//
FILLING ALL THINGS: GLORY TO YOU.
Glory... Now and ever...

Theotokos Hymn

O THEOTOKOS:
WE HAVE OBTAINED THE CROSS OF YOUR SON AS A POWERFUL ROD,
TO STRIKE DOWN THE BOASTING OF THE ENEMY://
THEREFORE, WE EXALT YOU FOREVER.

After the final reading from the Psalter:

SESSIONAL HYMN

To the Cross

O LORD: YOU ARE HIGHER THAN ALL CREATION,
YET YOU ENDURE THE DISHONOUR OF THE CROSS
THAT YOU MAY GRANT HONOUR TO ME, THE GREATLY DISHONOURED ONE.
YOUR SIDE WAS PIERCED BY THE LANCE, O LONG-SUFFERING LORD,
IN YOUR DESIRE TO REDEEM ME FROM CORRUPTION,
FOR I AM THE WORK OF YOUR HANDS.//
I SING THE PRAISES OF YOUR GREAT COMPASSION AND GOODNESS, O LOVER OF MANKIND.

V: Wonderful is God in His saints: the God of Israel.
YOU HAVE MAGNIFIED THE MEMORIAL OF YOUR VICTORIOUS MARTYRS
IN YOUR ALMIGHTY POWER, O LORD,
FOR YOU STRENGTHENED THEM

TO FOLLOW YOU IN YOUR SUFFERINGS.
THEY BRAVELY OVERCAME THE DEVIL'S MIGHT
AND SO RECEIVED THE GIFT OF HEALING.
AT THEIR PRAYERS, GRANT PEACE TO OUR SOULS,//
O CHRIST, THE LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

WHEN SHE SAW YOU LIFTED UPON THE TREE,
YOUR MOTHER, THE UNWEDDED, SPOTLESS AND PURE VIRGIN CRIED OUT TO YOU:
"O MY SWEETEST SON: HOW HAVE THE LAWLESS PEOPLE CONDEMNED YOU TO THE CROSS ?
FOR YOU ARE THE MAKER AND LORD OF ALL.//
I HYMN YOUR INFINITE GOODNESS."

APOSTIKHA

Of the Cross

I WAS CAST OUT FROM DELIGHT THROUGH ENVY,
PLUNGING IN A PITEOUS FALL.
YOU WERE NOT NEGLECTING ME, O MASTER:
FOR MY SAKE YOU TOOK UPON YOURSELF WHAT IS MINE AND WERE CRUCIFIED.
YOU ARE SAVING ME AND LEADING ME TO GLORY.//
O MY REDEEMER: GLORY TO YOU.

ON THE MOUNTAIN IN THE FORM OF A CROSS,
MOSES STRETCHED OUT HIS HANDS TO THE HEIGHTS AND DEFEATED AMALEK.
BUT WHEN YOU SPREAD OUT YOUR PALMS ON THE PRECIOUS CROSS, O SAVIOUR,
YOU TOOK ME IN YOUR EMBRACE, SAVING ME FROM ENSLAVEMENT TO THE FOE.
YOU GAVE ME THE SIGN OF LIFE,
TO FLEE FROM THE BOW OF MY ENEMIES.
THEREFORE, O WORD, //
I BOW DOWN IN WORSHIP TO YOUR PRECIOUS CROSS.

To the martyrs

EVEN AFTER DEATH, YOU SHINE AS LIGHTS IN THE WORLD,
HAVING FOUGHT THE GOOD FIGHT, O HOLY MARTYRS.
THEREFORE, YOU NOW HAVE BOLDNESS BEFORE CHRIST://
ENTREAT HIM TO HAVE MERCY ON OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

WHEN THE BLAMELESS VIRGIN BEHELD YOU, HANGING ON THE TREE,
SHE CRIED OUT AS A MOTHER, O ALL-GRACIOUS CHRIST:
“O MY BELOVED SON: //
HOW HAS THE ASSEMBLY OF EVIL-DOERS RAISED YOU UPON THE CROSS ?”

WEDNESDAY VESPERS:

LORD I CALL...

Stikhs to the apostles

THROUGH THE PRAYERS OF YOUR HONOURABLE AND HOLY APOSTLES,
O ONLY MERCIFUL ONE,
GRANT PEACE TO YOUR SERVANTS, O LOVER OF MANKIND.
SAVE FROM ALL HARM THOSE WHO SING PRAISES TO YOU,//
EVER WORSHIPPING YOU IN FAITH.

WHEN YOU WILL SIT UPON THE TWELVE THRONES WITH THE JUDGE OF ALL,
IN JUDGEMENT OF THE ENTIRE CREATION,
DO NOT REVEAL ME AS ONE CONDEMNED,
O HOLY APOSTLES, MY BENEFACTORS,//
BUT, DELIVER ME FROM ALL TORMENT AND DARKNESS.

I BESEECH YOU, O HOLY APOSTLES,
TO PROTECT ME FROM THE ARROWS OF THE EVIL ONE.
GUIDE ME TO THE PATH OF SALVATION, O WONDERWORKERS,//
AND SPRINKLE ME WITH SPIRITUAL DEW.

Glory... Now and ever...

Theotokos Hymn

GREAT IS THE MIGHT OF YOUR WONDERS, O PURE ONE,
FOR BY IT YOU DELIVER US FROM HARM AND DEATH,
PROTECTING US FROM ATTACKS BY THE DEVIL.
YOU SET US FREE FROM ALL AFFLICTION,//
AND TAKE AWAY THE TRANSGRESSIONS OF MANKIND.

APOSTIKHA

Stikhs to the Apostles

YOUR PROCLAMATION HAS GONE OUT INTO ALL THE EARTH,
O HOLY APOSTLES.
BY PREACHING THE UNDERSTANDING OF GOD,
YOU VANQUISHED THE DELUSION OF IDOLS.
THIS COMMENDABLE DEED WAS YOURS, O BLESSED ONES,//
THEREFORE, WE SING AND GLORIFY YOUR MEMORY.

YOU ARE THE BRANCHES OF THE LIFE-BEARING VINE,
O GLORIOUS APOSTLES.
YOU BROUGHT FORTH TO GOD THE FRUIT OF PIETY.
SINCE YOU HAVE GREAT BOLDNESS BEFORE HIM,//
BESEECH HIM TO GRANT PEACE, AND GREAT MERCY TO OUR SOULS.

To the martyrs

YOUR MARTYRS, O LORD,
WERE CONFIRMED BY FAITH AND STRENGTHENED BY HOPE.
SPIRITUALLY UNITED BY LOVE OF YOUR CROSS,
THEY OVERCAME THE TYRANNY OF THE ENEMY.
THEY HAVE OBTAINED CROWNS OF GLORY,//
AND TOGETHER WITH THE ANGELS, THEY PRAY FOR OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

O MAIDEN: MY SINS ARE MANY,
BUT BY YOUR GREAT INTERCESSION, RESCUE ME FROM THE DREADFUL FIRE.
BY YOUR PRAYERS AS A MOTHER, O PURE ONE,//
CORRECT AND GUIDE ME ON THE PATHS OF SALVATION.

THURSDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

Of the Apostles

O APOSTLES AND EYEWITNESSES:
YOU WERE MADE DIVINE HERALDS OF TRUTH, AND TEACHERS OF THE CHURCH.
YOU TRAMPLED UNDERFOOT THE ERROR OF IDOLATRY,
AND CLEARLY PROCLAIMED THE TRINITY.
O BLESSED SAINTS: PRAY TO THE TRIUNE GOD,//
THAT WE MAY BE GRANTED HIS GREAT MERCY.

V: Their voice has gone out into all the earth, and their words to the ends of the universe.

COME, LET US ALL SING IN PRAISE OF THE APOSTLES,
FOR THEY ARE OUR HELMSMEN ON THE SHIP OF LIFE,
FOR THEY OVERCAME THE ERROR OF IDOLATRY,
THEY HAVE LED US TO THE LIGHT OF LIFE,
AND TAUGHT US TO GIVE GLORY TO THE TRINITY.
THEREFORE, WITH ALL THE FAITHFUL WE CELEBRATE THEIR HONOURED MEMORY//
AS WE GLORIFY THE SAVIOUR.

Glory... Now and ever...

Theotokos Hymn

YOU ARE A VINE THAT HAS NEVER KNOWN THE HUSBANDMAN,
THAT BORE THE RIPE CLUSTER OF GRAPES, O VIRGIN.
WE RECEIVE FROM HIM THE WINE OF SALVATION,
MAKING GLAD THE SOULS AND BODIES OF US ALL.
WE CALL YOU BLESSED, FOR YOU ARE THE SOURCE OF ALL GOOD THINGS,
AND WE EVER CRY TO YOU WITH THE ANGEL://
REJOICE, O FULL OF GRACE.

After the final reading from the Psalter:

SESSIONAL HYMN

To St. Nicholas

O NICHOLAS: WE SING PRAISES IN YOUR HONOUR:
YOU ARE THE PREACHER OF THE TRUTH, AND BRIGHT LIGHT OF THE WORLD.
WE CRY OUT TO YOU IN FAITH:
RESCUE US FROM DANGER, AS YOU SAVED THE INNOCENT MEN FROM DEATH,//
AND DRIVE AWAY EVERY EVIL.

V: Wonderful is God in His saints, the God of Israel.
SHIELDED BY THE ARMOUR OF CHRIST,
AND TAKING UP THE WEAPONS OF FAITH,
YOU CAST DOWN THE RANKS OF THE ENEMY AS VALIANT SOLDIERS.
SETTING YOUR HOPE IN THE LIFE THAT IS TO COME,
YOU GLADLY ENDURED ALL THE TYRANTS' THREATS AND SCOURGING.
THEREFORE, O STRONG-MINDED MARTYRS OF CHRIST,//
YOU HAVE RECEIVED CROWNS OF VICTORY.
Glory... Now and ever...

Theotokos Hymn

YOU HAVE APPEARED AS THE PURE GOLD THRONE OF THE KING,
O IMMACULATE THEOTOKOS,
FOR YOU BORE GOD IN YOUR WOMB,
MAKING US FRAGRANT WITH DIVINE GIFTS OF GRACE.
THEREFORE, WE MAGNIFY YOU, //
AND FOREVER PROCLAIM YOU TO BE THE TRUE MOTHER OF GOD.

APOSTIKHA

Stikhs to the Apostles

YOUR PROCLAMATION HAS GONE OUT INTO ALL THE EARTH,
O HOLY APOSTLES.
BY PREACHING THE UNDERSTANDING OF GOD,
YOU VANQUISHED THE DELUSION OF IDOLS.
THIS COMMENDABLE DEED WAS YOURS, O BLESSED ONES,//
THEREFORE, WE SING AND GLORIFY YOUR MEMORY.

YOU ARE THE BRANCHES OF THE LIFE-BEARING VINE,
O GLORIOUS APOSTLES.
YOU BROUGHT FORTH TO GOD THE FRUIT OF PIETY.
SINCE YOU HAVE GREAT BOLDNESS BEFORE HIM,//
BESEECH HIM TO GRANT PEACE, AND GREAT MERCY TO OUR SOULS.

To the martyrs

THE HOSTS OF ANGELS MARVELLED AT THE STRUGGLES OF THE MARTYRS,
FOR, CLAD IN A MORTAL BODY, THEY DESPISED TORMENTS.
THEY BECAME IMITATORS OF OUR SAVIOUR'S PASSION,//
AND THEY INTERCEDE ON BEHALF OF OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

O ALL-PURE LADY, FIRST IN HOLINESS:
SINCE YOU ARE THE PRAISE OF THE HEAVENLY RANKS,
THE HYMN OF THE APOSTLES,
AND THE MESSAGE OF THE PROPHETS,//
ACCEPT ALSO OUR FERVENT PRAYERS.

THURSDAY VESPERS:

LORD I CALL...

Stikhs to the Cross

ALTHOUGH YOU ARE PASSIONLESS IN YOUR DIVINE NATURE, O LORD,
IN YOUR HUMAN NATURE YOU ENDURED PASSION.
YOU WERE NAILED TO THE CROSS,
AND YOUR SIDE WAS PIERCED BY A LANCE,//
POURING FORTH FOR ME TWO STREAMS OF INEFFABLE MYSTERIES.

WEARING A CROWN PLAITED WITH THORNS, O KING OF ALL,
YOU DESTROYED THE PENALTY OF SIN—
THE CURSED EARTH WHICH BROUGHT FORTH WEEDS AND THORNS—
AND TAKING THE REED IN YOUR HANDS,
YOU INSCRIBED IN THE BOOK OF HEAVEN//
ALL THOSE WHO BELIEVE IN YOU.

THE UNJUST JEALOUSY OF THE PEOPLE WAS BOUNDLESS, O INNOCENT CHRIST:
IT WAS NOT SPENT WHEN THEY HAD CRUCIFIED YOU,
NOR WHILE THEY MOCKED YOU AS A LIAR, NOR WHEN YOU DIED,
NOR WHEN THEY CRAFTILY SOUGHT FROM PILATE A GUARD FOR YOUR TOMB.//
HOW GREAT IS THE ANGER OF RUTHLESS MANKIND.

Glory... Now and ever...

Theotokos Hymn

“THE WORLD IS PARDONED BY YOUR CRUCIFIXION, O WORD,
CREATION HAS BEEN ENLIGHTENED, O MASTER.
ALL NATIONS HAVE OBTAINED SALVATION,
BUT I AM TORN ASUNDER,” CRIED THE ALL-PURE ONE, //
AS I BEHOLD YOUR VOLUNTARY PASSION.”

APOSTIKHA

Stikhs to the Cross

O CHRIST: I VENERATE YOUR PRECIOUS CROSS,
THE GUARDIAN OF THE WORLD, AND THE SALVATION OF US SINNERS.
IT IS THE MIGHTY GIFT OF PROPITIATION,//
THE VICTORY OF RULERS, AND PRIDE OF THE UNIVERSE.

HOLDING HIS HANDS UP IN THE FORM OF A CROSS,
MOSES CONQUERED AMALEK ON THE MOUNTAIN.
SO ALSO, O SAVIOUR,
YOU STRETCHED OUT YOUR HANDS UPON THE PRECIOUS CROSS,
EMBRACING ME, AND SAVING ME FROM THE BONDAGE OF THE ENEMY.
YOU GAVE ME THE SIGN OF LIFE,
WITH WHICH TO ESCAPE THE WEAPONS OF MY ENEMIES.//
THEREFORE, I VENERATE YOUR PRECIOUS CROSS, O WORD.

O LORD: GREAT IS THE MIGHT OF YOUR CROSS.
SET IN ONE PLACE, IT ACTS THROUGHOUT THE WORLD.
IT MADE FISHERMEN INTO APOSTLES,
AND THE GENTILES INTO MARTYRS.//
MAY THEY ALWAYS INTERCEDE FOR OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

WHEN THE BLAMELESS VIRGIN BEHELD YOU HANGING ON THE TREE,
SHE CRIED OUT AS A MOTHER, O ALL-GRACIOUS CHRIST:
“O MY BELOVED SON://
HOW HAS THE ASSEMBLY OF EVIL-DOERS RAISED YOU UPON THE CROSS ?”

FRIDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

Of the Cross

CHOOSING TO SUFFER CRUCIFIXION AND DEATH,
YOU SET UP THE CROSS IN THE MIDST OF CREATION.
WHEN YOU HAD CONSENTED, O SAVIOUR,
THAT YOUR BODY SHOULD BE NAILED TO THE WOOD,
THE SUN HID ITS RAYS.
SEEING THIS, THE THIEF CONFESSED YOU AS GOD AND CRIED OUT TO YOU:
"O LORD: REMEMBER ME."//
FOR HIS FAITH, HE WAS GRANTED PARADISE.

V: Extol the Lord our God; worship at His footstool for it is holy.
SAVING THOSE WHO WORSHIP YOUR VOLUNTARY CRUCIFIXION IN FAITH,
YOU WERE EXALTED, O LAMB OF GOD,
UPON THE CYPRESS, THE PINE AND THE CEDAR.//
GLORY TO YOU, O CHRIST OUR GOD.

Glory... Now and ever...

Theotokos Hymn

YOU FREELY CHOSE TO ENDURE A SHAMEFUL DEATH UPON THE CROSS,
O COMPASSIONATE CHRIST.
WHEN YOUR MOTHER SAW YOU, SHE WAS WOUNDED IN HER HEART.
AT HER PRAYERS, O LORD ALONE SUPREME IN LOVE,
THROUGH YOUR TENDER MERCY HAVE COMPASSION ON THE WORLD AND SAVE IT,//
FOR YOU TAKE AWAY ITS SIN.

After the final reading from the Psalter:

SESSIONAL HYMN

To the Cross

IN YOUR INEFFABLE MERCY, O SINLESS ONE,
YOU ENDURED THE CROSS, THE INSTRUMENT OF THE CURSE,
FREEING THE FIRST-FORMED MAN FROM THE FIRST CURSE.
THEREFORE, WE VENERATE YOUR GLORIOUS PASSION
AND PRAISE YOUR HOLY DISPENSATION WHICH YOU ALONE FULFILLED IN YOUR LOVING-KINDNESS,//
FOR THE SALVATION OF YOUR CREATURES.

V: Wonderful is God in His saints, the God of Israel.
THROUGH YOUR FAITH, YOU SHINE AS RADIANT LIGHTS,

PHYSICIANS OF THE TRUE WORSHIP OF GOD, O HOLY AND GLORIOUS MARTYRS.
YOU WERE NOT TERRIFIED BY THE TORMENTS OF THE TYRANTS,
BUT, TAKING UP THE TRUE CROSS AS YOUR EMBLEM OF VICTORY,//
YOU CAST DOWN THE BLASPHEMOUS TEACHINGS OF IDOLATRY.

Glory... Now and ever...

Theotokos Hymn

THE THINGS IN HEAVEN WERE SEIZED WITH TERROR,
AND THINGS ON EARTH TREMBLED WITH FEAR,
WHEN THEY SAW THE SINLESS ONE RAISED UPON THE CROSS.
THE SUN WAS DARKENED AND THE MOON LOST ITS LIGHT.
THEN THE MOTHER WEPT AND SPOKE:
"WHAT IS THIS SIGHT, O MY SON ?
HOW DO YOU SUFFER,//
FOR YOU ALONE ARE THE RULER OF ALL ?"

APOSTIKHA

Of the Cross

"LET HIM BE CRUCIFIED,"
CRIED THE PEOPLE WHO HAD ALWAYS DELIGHTED IN YOUR GIFTS,
AND THE KILLERS OF THE RIGHTEOUS ASKED TO RECEIVE A CRIMINAL,
INSTEAD OF A BENEFACTOR.
BUT YOU KEPT SILENT, O CHRIST,
ENDURING THEIR RECKLESS HASTE,//
WISHING TO SUFFER AND TO SAVE US, AS THE LOVER OF MANKIND.

BECOMING POOR BY YOUR OWN FREE WILL,
YOU BORE ADAM'S POVERTY, O CHRIST GOD,
AND CAME ON EARTH INCARNATE OF A VIRGIN.
YOU ACCEPTED THE CROSS,
SO THAT YOU MIGHT FREE US FROM THE BONDAGE OF THE ENEMY.//
O LORD: GLORY TO YOU.

COME, ALL YOU PEOPLE:,
LET US HONOUR THE MEMORY OF THE MARTYRS.
THEY BECAME A SPECTACLE FOR BOTH ANGELS AND MANKIND;
THEY RECEIVED FROM CHRIST THE CROWNS OF VICTORY,//
AND NOW THEY CEASELESSLY PRAY FOR OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

DRAINING THE RIVERS OF TEARS,
THE ALL-BLAMELESS ONE SIGHED DEEPLY.
SHE MOURNED, CRYING OUT FROM THE DEPTHS OF HER SOUL:
"O SWEETEST LIGHT OF THE SUN, HOW CAN YOU HAVE SET ?
O MY JESUS, WHO CREATED ALL THINGS BY A WORD://
HOW CAN YOU BE SEEN NOW AS A SPEECHLESS CORPSE UPON THE CROSS ?"

FRIDAY EVENING:

LORD I CALL...

Stikhs to the martyrs

O LORD: GREAT IS THE MIGHT OF YOUR CROSS.
SET IN ONE PLACE, IT ACTS THROUGHOUT THE WORLD.
IT MADE FISHERMEN INTO APOSTLES,
AND THE GENTILES INTO MARTYRS.//
MAY THEY ALWAYS INTERCEDE FOR OUR SOULS.

GREAT IS THE MIGHT OF YOUR MARTYRS, O CHRIST,
FOR, ALTHOUGH THEY LIE IN THEIR TOMBS, THEY DRIVE AWAY DEMONS,
AND DEFEAT THE POWER OF THE ENEMY.
THEY HAVE LIVED THEIR LIVES IN BATTLE FOR TRUE PIETY//
BY FAITH IN THE TRINITY.

THE PROPHETS, APOSTLES, AND MARTYRS OF CHRIST
TAUGHT US TO SING THE PRAISES OF THE CONSUBSTANTIAL TRINITY.
THEY ENLIGHTENED THE NATIONS, WHICH HAD GONE ASTRAY,//
AND MADE THE CHILDREN OF MANKIND COMPANIONS OF THE ANGELS.

Glory... Now and ever...

Theotokos Hymn

HOW CAN WE NOT WONDER
AT YOUR MYSTICAL CHILDBEARING, O EXALTED MOTHER ?
FOR, WITHOUT RECEIVING THE TOUCH OF MAN,
YOU GAVE BIRTH TO A SON IN THE FLESH, O IMMACULATE VIRGIN.
THE SON BORN OF THE FATHER BEFORE ETERNITY
WAS BORN OF YOU AT THE FULLNESS OF TIME, O HONOURED LADY.
HE UNDERWENT NO MINGLING, NO CHANGE, NO DIVISION;
BUT PRESERVED THE FULNESS OF EACH NATURE.
ENTREAT HIM TO SAVE THE SOULS, O LADY AND VIRGIN AND MOTHER,
OF THOSE WHO CONFESS YOU IN THE ORTHODOX MANNER//
TO BE THE THEOTOKOS.

APOSTIKHA

Stikh to the martyrs

YOUR MARTYRS, O LORD,
WERE CONFIRMED BY FAITH, AND STRENGTHENED BY HOPE.
SPIRITUALLY UNITED BY LOVE OF YOUR CROSS,
THEY OVERCAME THE TYRANNY OF THE ENEMY.
THEY HAVE OBTAINED CROWNS OF GLORY,//
AND, TOGETHER WITH THE ANGELS, THEY PRAY FOR OUR SOULS.

For the departed

NO HUMAN VANITY SHALL REMAIN AFTER DEATH:
WEALTH SHALL NOT REMAIN, NOR SHALL GLORY GO WITH US ON THE WAY.
WHEN DEATH COMES, IT SHALL SWALLOW THESE.
THEREFORE, LET US SING TO CHRIST, THE IMMORTAL KING:
GIVE REST TO THOSE WHO HAVE DEPARTED FROM US,//
FOR YOU ARE THE ABODE OF ALL THOSE WHO REJOICE IN YOU.

WHY DO WE BUSTLE ABOUT IN VANITY ?
FOR THE WAY IN WHICH WE WALK IS SHORT.
LIFE IS SMOKE, MIST, DUST AND ASHES;
IT COMES QUICKLY AND VANISHES AWAY.
THEREFORE, LET US SING TO CHRIST, THE IMMORTAL KING:
GIVE REST TO THOSE WHO HAVE DEPARTED FROM US,//
FOR YOU ARE THE ABODE OF ALL THOSE WHO REJOICE IN YOU.

Glory... Now and ever...

Theotokos Hymn

YOU ARE HOLY AMONG WOMEN, O UNWEDDED MOTHER:
ENTREAT YOUR SON AND OUR KING, O THEOTOKOS,//
TO SAVE OUR SOULS, AS THE LOVER OF MANKIND.

SATURDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

To the martyrs

ALL YOU THAT LOVE THE MARTYRS: REJOICE TODAY.
WITH ONE ACCORD SING PRAISE TO CHRIST.
HE HAS MADE THEM SHINE LIKE STARS UPON THE WORLD,
AND, YEAR BY YEAR, THEIR FEASTS GRANT US THE GRACE OF MIRACLES,//
ENLIGHTENING OUR SOULS AND MINDS.

V: God is wonderful in His saints; the God of Israel.

YOUR BRAVE ENDURANCE, O GLORIOUS MARTYRS,
DEFEATED THE SNARES OF THE ENEMY FROM WHOM ALL EVIL COMES:
THEREFORE, YOU WERE COUNTED WORTHY OF ETERNAL BLESSEDNESS.
INTERCEDE, THEN, WITH THE LORD, O WITNESSES OF THE TRUTH,//
FOR THE SALVATION OF CHRIST'S FAITHFUL FLOCK.

Glory... Now and ever...

Theotokos Hymn

WE SING YOUR PRAISES, O VIRGIN THEOTOKOS,
FOR YOU INTERCEDE FOR THE SALVATION OF US ALL.
YOUR SON AND OUR GOD, IN THE FLESH HE TOOK FROM YOU,
ACCEPTED SUFFERING ON THE CROSS,
AND, AS THE LOVER OF MANKIND, //
HAS DELIVERED US FROM CORRUPTION.

After the final reading from the Psalter:

SESSIONAL HYMN

For the departed

WHEN, AT YOUR COMMAND, O LORD AND SAVIOUR,
WE STAND BEFORE YOUR IMPARTIAL JUDGEMENT SEAT,
DO NOT CONDEMN US WHO HAVE BELIEVED IN YOU.
WE HAVE ALL SINNED, YET WE HAVE NOT TURNED AWAY FROM YOU.
WE ENTREAT YOU, O CHRIST:
GIVE REST IN THE DWELLINGS OF THE RIGHTEOUS,
TO THOSE WHOM YOU HAVE TAKEN TO YOURSELF,//
FOR YOU ALONE ARE RICH IN MERCY.

V: Blessed are those whom You have chosen and taken, O Lord.

THROUGH THE TREE WE HAVE FALLEN INTO BITTER DEATH,
BUT, BY THE PRECIOUS TREE WE RISE AGAIN,
FOR, THROUGH YOUR CROSS, YOU HAVE PUT DEATH TO DEATH, O SAVIOUR,

AND GIVEN ALL MEN UNENDING LIFE.
O MERCIFUL LORD: MAKE THE MEMBERS OF YOUR HOUSEHOLD, WHO HAVE DEPARTED TO YOU,//
WORTHY OF THAT LIFE, AND GIVE THEM YOUR KINGDOM.

Glory... Now and ever...

Theotokos Hymn

RECEIVE YOUR SERVANTS, WHO HAVE LEFT THE STORMY SEAS OF THIS LIFE IN FAITH,
O ALL UNDEFILED VIRGIN,
AND LEAD THEM TO OUR JUDGE AND GOD,
PRAYING HIM TO GRANT THEM REDEMPTION.
FOR, AS THE MOTHER OF HIM WHO DOES ALL THINGS,//
YOU HAVE BOTH THE POWER AND THE WILL.

APOSTIKHA

To the martyrs

COME, ALL PEOPLES,
LET US HONOUR THE MEMORY OF THE HOLY AND VICTORIOUS MARTYRS.
HAVING BECOME A SPECTACLE TO ANGELS AND MANKIND,
THEY HAVE RECEIVED THE CROWN OF VICTORY FROM CHRIST,//
AND THEY EVER INTERCEDE FOR OUR SOULS.

V: Blessed are those whom You have chosen and taken, O Lord.

For the departed

O LORD, ALONE RICH IN MERCY:
I GLORIFY YOUR PRECIOUS CROSS,
FOR, THROUGH IT LIFE AND BLESSEDNESS
ARE GIVEN TO THOSE WHO SING YOUR PRAISES WITH FAITH AND LOVE.
THEREFORE, WE CRY OUT TO YOU, O CHRIST OUR GOD:
GIVE REST TO OUR DEPARTED BRETHREN,//
CALLING THEM TO BE WITH YOU IN THE DWELLING OF THOSE WHO REJOICE.

V: Their memorial is from generation to generation.

YOU SLEPT IN THE TOMB AS MAN;
AS GOD, YOU RAISED UP ALL THOSE IN THE TOMB BY YOUR
UNCONQUERABLE MIGHT.
WITH NEVER-SILENT VOICES, THEY OFFER YOU A HYMN OF PRAISE.
THEREFORE, WE CRY TO YOU, O CHRIST OUR GOD:
GIVE REST TO OUR DEPARTED BRETHREN,//
CALLING THEM TO BE WITH YOU IN THE DWELLING OF THOSE WHO REJOICE.

Glory... Now and ever...

WE ALL ACKNOWLEDGE YOU, O THEOTOKOS, TO BE THE SPIRITUAL LAMP,
THAT BORE THE FIRE OF DIVINITY JOINED TO MANKIND'S MATERIAL FLESH.
PRAY, THEN, TO YOUR SON AND GOD:
MAY HE GIVE REST TO OUR DEPARTED BRETHREN,//
CALLING THEM TO BE WITH HIM IN THE DWELLING OF THOSE WHO REJOICE.

DAILY THEOTOKOS HYMNS:

SATURDAY & SUNDAY (*FRIDAY & SATURDAY EVENINGS*)

BEYOND ALL THOUGHT AND EXCEEDINGLY GLORIOUS
ARE YOUR MYSTERIES, O THEOTOKOS.
SEALED IN PURITY AND PRESERVED IN VIRGINITY,
YOU WERE REVEALED AS TRULY THE MOTHER WHO BORE THE TRUE GOD.//
BESEECH HIM TO SAVE OUR SOULS.

MONDAY (*SUNDAY EVENING*)

WHEN GABRIEL GREETED YOU, O VIRGIN,
HE CRIED OUT LIKE THE RIGHTEOUS DAVID,
FOR IN YOU, O SACRED ARK, WAS THE MASTER OF ALL INCARNATE.
YOU WERE MANIFEST AS MORE SPACIOUS THAN THE HEAVENS,
FOR YOU BORE YOUR CREATOR.
GLORY TO HIM WHO DWELLS IN YOU.
GLORY TO HIM WHO COMES FORTH FROM YOU.//
GLORY TO HIM WHO FREES US THROUGH YOUR CHILD.

TUESDAY (*MONDAY EVENING*)

O THEOTOKOS: YOU ARE OUR SHELTER, AND OUR STRENGTH,
PROTECTING THE WORLD WITH POWER.
PROTECT YOUR SERVANTS FROM ALL DANGERS BY YOUR INTERCESSIONS//
O ONLY BLESSED ONE.

WEDNESDAY & FRIDAY (*TUESDAY & THURSDAY EVENINGS*)

O THEOTOKOS: WE HAVE OBTAINED THE CROSS OF YOUR SON AS A
POWERFUL ROD,
TO STRIKE DOWN THE BOASTING OF THE ENEMY://
THEREFORE, WE EXALT YOU FOREVER.

THURSDAY (*WEDNESDAY EVENING*)

THE PROPHETS HAVE FORETOLD, THE APOSTLES TAUGHT,
THE MARTYRS PROFESSED, AND WE HAVE BELIEVED
THAT YOU ARE INDEED THE MOTHER OF GOD://

THEREFORE, WE EXALT YOUR INEFFABLE CHILDBEARING.

MATINS DISMISSAL THEOTOKOS HYMNS:

MONDAY, TUESDAY & THURSDAY MORNINGS:

ONE RUNS WITH HASTE TO WHERE ONE FINDS SALVATION,
AND WHAT REFUGE HAVE WE, OTHER THAN YOU,//
O THEOTOKOS, THE SHELTER OF OUR SOULS.

WEDNESDAY & FRIDAY MORNINGS:

O THEOTOKOS, OUR POWER AND OUR SHIELD,
THE MIGHTY HELP OF THE WORLD:
SHELTER YOUR SERVANTS FROM ALL CALAMITY BY YOUR PRAYERS,//
FOR YOU ALONE ARE BLESSED.

SATURDAY MORNING:

THE PROPHETS HAVE FORETOLD, THE APOSTLES TAUGHT,
THE MARTYRS PROFESSED, AND WE HAVE BELIEVED.
THAT YOU ARE INDEED THE MOTHER OF GOD://
THEREFORE, WE EXALT YOUR INEFFABLE CHILDBEARING.

TONE 4

SATURDAY VESPERS:

LORD I CALL…

WE GLORIFY YOUR RESURRECTION ON THE THIRD DAY, O CHRIST GOD,
BY ALWAYS HONOURING YOUR LIFE-CREATING CROSS;
BY IT, YOU HAVE RENEWED THE CORRUPTED NATURE OF MANKIND, O ALMIGHTY ONE.
BY IT, YOU HAVE RENEWED OUR ENTRANCE TO HEAVEN,//
FOR YOU ARE GOOD, AND THE LOVER OF MANKIND.

YOU LOOSED THE TREE'S VERDICT OF DISOBEDIENCE, O SAVIOUR,
BY BEING VOLUNTARILY NAILED TO THE TREE OF THE CROSS.
BY DESCENDING TO HADES, O ALMIGHTY GOD,
YOU BROKE THE BONDS OF DEATH.
THEREFORE, WE ADORE YOUR RESURRECTION FROM THE DEAD, SINGING IN JOY://
GLORY TO YOU, O ALL POWERFUL LORD.

YOU SMASHED THE GATES OF HADES, O LORD,
AND, BY YOUR DEATH, YOU DEMOLISHED THE KINGDOM OF DEATH.
YOU DELIVERED THE HUMAN RACE FROM CORRUPTION,//
GRANTING TO THE WORLD LIFE, INCORRUPTION, AND GREAT MERCY.

The Anatolian Stikhs:

COME, O PEOPLE.
LET US SING OF THE SAVIOUR'S RESURRECTION ON THE THIRD DAY.
BY IT, WE HAVE BEEN FREED FROM THE UNBREAKABLE BONDS OF HADES.
BY IT, WE HAVE RECEIVED LIFE, AND INCORRUPTION.
SAVE US BY YOUR RESURRECTION. //
O LIFE-GIVING AND ALMIGHTY SAVIOUR: GLORY TO YOU.

ANGELS AND MORTALS SING OF YOUR RESURRECTION ON THE THIRD DAY, O SAVIOUR.
BY IT, THE ENDS OF THE EARTH HAVE BEEN ILLUMINED.
BY IT, WE HAVE BEEN DELIVERED FROM BONDAGE TO THE ENEMY.
SAVE US BY YOUR RESURRECTION.//
O LIFE-GIVING AND ALMIGHTY SAVIOUR: GLORY TO YOU.

YOU HAVE SHATTERED THE GATES OF BRASS,
AND DESTROYED THE CHAINS OF DEATH, O CHRIST GOD.
YOU HAVE RAISED THE FALLEN HUMAN RACE.//
O LORD, RISEN FROM THE DEAD: GLORY TO YOU.

O LORD: YOUR BEGETTING FROM THE FATHER IS TIMELESS AND EVERLASTING.
YOUR INCARNATION FROM THE VIRGIN IS BEYOND WORDS AND UNDERSTANDING.
YOUR DESCENT INTO HADES IS TERRIBLE FOR THE DEVIL AND HIS ANGELS.
YOU HAVE TRAMPLED ON DEATH, RISING ON THE THIRD DAY,//
AND GRANTING MANKIND INCORRUPTION, AND GREAT MERCY.

3 Stikhs from the menaion

Glory... Now and ever...

Theotokos Hymn

THE PROPHET DAVID WAS A FATHER OF THE LORD THROUGH YOU, O VIRGIN.
HE FORETOLD IN SONGS THE ONE WHO WORKED WONDERS IN YOU:
AT YOUR RIGHT HAND STOOD THE QUEEN, YOUR MOTHER, THE MEDIATRIX OF LIFE,
SINCE GOD WAS FREELY BORN OF HER WITHOUT A FATHER.
HE WANTED TO RENEW HIS FALLEN IMAGE, MADE CORRUPT IN PASSION,
SO HE TOOK THE LOST SHEEP UPON HIS SHOULDER,
AND BROUGHT IT TO HIS FATHER,
JOINING IT TO THE HEAVENLY POWERS.//
CHRIST, WHO HAS GREAT AND RICH MERCY, HAS SAVED THE WORLD, O THEOTOKOS.

APOSTIKHA

BY ASCENDING THE CROSS, O LORD,
YOU HAVE ANNULLED OUR ANCESTRAL CURSE.
BY DESCENDING TO HADES, YOU HAVE FREED THE ETERNAL PRISONERS,
GRANTING INCORRUPTION TO THE HUMAN RACE.//
THEREFORE, IN SONGS WE GLORIFY YOUR LIFE-CREATING AND SAVING RESURRECTION.

V: The Lord is King; He is robed in majesty.

BY HANGING UPON THE TREE, O ONLY POWERFUL LORD,
YOU SHOOK ALL OF CREATION.
BY BEING LAID IN THE TOMB YOU HAVE RAISED THOSE WHO DWELT IN THE TOMBS,
GRANTING LIFE AND INCORRUPTION TO THE HUMAN RACE.//
THEREFORE, IN SONGS, WE GLORIFY YOUR RISING ON THE THIRD DAY.

V: For He has established the world, so that it shall never be moved.

THE LAWLESS PEOPLE, O CHRIST,
HANDED YOU OVER TO PILATE, CONDEMNED TO BE CRUCIFIED
THUS PROVING THEMSELVES UNGRATEFUL BEFORE THEIR BENEFACTOR.
BUT VOLUNTARILY YOU ENDURED BURIAL,
RISING BY YOUR OWN POWER ON THE THIRD DAY AS GOD,//
GRANTING US LIFE EVERLASTING AND GREAT MERCY.

V:Holiness befits Your house, Lord, forevermore.

WITH TEARS, THE WOMEN REACHED YOUR TOMB,
SEARCHING FOR YOU, BUT NOT FINDING YOU.
THEY WEPT WITH WAILING, AND LAMENTED:
“WOE TO US, OUR SAVIOUR, KING OF ALL,
HOW WERE YOU STOLEN ?
WHAT PLACE CAN HOLD YOUR LIFE-BEARING BODY ?”
AN ANGEL REPLIED TO THEM:
“DO NOT WEEP BUT GO AND PROCLAIM THAT THE LORD IS RISEN”,//
GRANTING US JOY, AS THE ONLY COMPASSIONATE ONE.

Glory... Now and ever...

Theotokos Hymn

LOOK ON THE ENTREATIES OF YOUR SERVANTS, O BLAMELESS ONE.

STOP ALL THE TERRIBLE ATTACKS AGAINST US,
FREEING US FROM EVERY AFFLICTION,
FOR WE HAVE ONLY YOU AS OUR SURE AND FIRM ANCHOR.
O LADY: DO NOT LET US BE PUT TO SHAME,
FOR WE CALL ON YOU FOR OUR INTERCESSION.
HASTEN TO PRAY FOR THOSE WHO CALL IN FAITH://
REJOICE, O LADY, HELP OF ALL, THE JOY AND SHELTER AND SALVATION OF OUR SOULS.

SUNDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN:

THE MYRRHBEARING WOMEN LOOKED AT THE ENTRANCE OF THE TOMB,
AND UNABLE TO BEAR THE SIGHT OF THE FLAMING ANGEL,
THEY TREMBLED WITH WONDER AND SAID:
"CAN IT BE THAT HE WHO OPENED PARADISE TO THE THIEF HAS BEEN STOLEN AWAY ?
OR IS HE RISEN, WHO BEFORE HIS PASSION PROCLAIMED HIS RESURRECTION ?"
YES, CHRIST IS RISEN INDEED,//
GRANTING LIFE AND RESURRECTION TO THOSE IN HADES.

V: Arise, Lord my God, lift up Your hand; do not forget ,Your poor forever.
O SAVIOUR: YOU FREELY SUFFERED THE CROSS;
A MORTAL MAN LAID YOU IN A NEW TOMB,
ALTHOUGH YOU ARE THE ONE WHO FOUNDED THE ENDS OF THE EARTH WITH YOUR WORD.
THE ALIEN WAS HELD IN BONDAGE,
AND DEATH DESPOILED WITHOUT MERCY.
ALL THOSE IN HADES CRIED OUT AT YOUR LIFE-BEARING RESURRECTION://
CHRIST, THE GIVER OF LIFE, IS RISEN AND SHALL REMAIN FOREVER.
Glory... Now and ever...

Theotokos Hymn

YOUR SEEDLESS CONCEIVING PAST NATURE, O THEOTOKOS,
STRUCK JOSEPH WITH WONDER.
IT BROUGHT TO MIND THE FLEECE WET WITH DEW,
THE BUSH THAT BURNED YET WAS NOT CONSUMED,
AND THE ROD OF AARON THAT BUDDED.
IN WITNESS TO THESE THINGS,
YOUR SPOUSE AND GUARDIAN CRIED OUT TO THE PRIESTS://
"A VIRGIN BEARS A CHILD, AND AFTER CHILDBEARING REMAINS A VIRGIN."

After the final reading from the Psalter:

SESSIONAL HYMN

YOU RAISED UP THE WORLD IN YOURSELF BY YOUR RESURRECTION, O CHRIST OUR GOD.
RISEN FROM THE DEAD AS IMMORTAL, O SAVIOUR,
YOU HAVE BROKEN TO PIECES THE DOMINION OF DEATH,

REVEALING THE RESURRECTION TO ALL, O MERCIFUL ONE.//
THEREFORE, WE GLORIFY YOU, THE ONLY LOVER OF MANKIND.

V: **I will praise You, Lord, with my whole heart; I will speak of all Your marvellous works.**

GABRIEL CAME DOWN FROM ON HIGH,
AND APPROACHED THE STONE, WHERE LAY THE ROCK OF LIFE.
CLOTHED IN WHITE APPAREL, HE CRIED OUT TO THE MOURNERS:
"STOP YOUR TEARS AND WAILING.
YOU HAVE MERCY WITH YOU FOR EVER.
BE BOLD, FOR HIM WHOM YOU SEEK IN TEARS IS TRULY AWAKE.//
CRY OUT TO THE APOSTLES THAT THE LORD IS RISEN."

Glory... Now and ever...

Theotokos Hymn

ALL THE CHOIRS OF ANGELS WERE STRUCK WITH WONDER
AT THE MYSTERY OF YOUR FEARFUL CONCEIVING, O PURE VIRGIN.
HOW WAS IT THAT HE WHOSE HAND HOLDS ALL THINGS FAST,
WAS HELD IN YOUR ARMS AS A MORTAL MAN ?
THAT HE, THE ONE WHO WAS BEFORE THE AGES, TOOK BIRTH FROM YOU ?
THAT HE, WHO FEEDS ALL THAT HAS BREATH, WAS FED ON MILK ?//
AS THEY PRAISED HIM, THEY GLORIFIED YOU AS THE TRUE THEOTOKOS

THE CANON

ODE ONE:

FIRST CANON

IRMOS:

IN ANCIENT TIMES ISRAEL WALKED DRY-SHOD ACROSS THE RED SEA,
AND MOSES, LIFTING HIS HAND IN THE FORM OF THE CROSS,
PUT THE POWER OF AMALEK TO FLIGHT IN THE DESERT.

R: **GLORY, O LORD, TO YOUR HOLY RESURRECTION.**

Tropars:

You were lifted up on the immaculate wood of the Cross, lifting us up from our fall, healing, by the wood, our complete destruction, O good and all-powerful Lord.

In the tomb with the body, and in Hades with the soul, in paradise with the thief and on the throne with the Father and the Spirit, were You, O boundless Christ, filling all things.

R: **O MOST HOLY THEOTOKOS: SAVE US.**

By the will of the Father, you conceived the Son of God without seed from the divine Spirit. You bore in the flesh the One begotten by God without a mother, Who for our

sakes came forth from you without a father.

SECOND CANON

IRMOS:
AS YOU WERE BORN OF A VIRGIN,
DROWN, I PRAY YOU, THE MIGHTY TYRANT OF MY SOUL
IN THE DEPTHS OF FREEDOM FROM PASSIONS,
SO THAT I MAY SING TO YOU, AS ON THE TIMBREL,
A SONG OF TRIUMPH, WHILE BEHOLDING THE DEATH OF THE FLESH.
R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.
Tropars:
You have cured the affliction of mankind, O Lord, and renewed it by Your divine blood. In power, You broke in pieces the might that in ancient times broke the work of Your hands.

The Resurrection of the dead has come to pass through death: for when death battled with the incarnate God and Life eternal, its power was taken away by the Lord of all.

Theotokos Hymn

Your holy and living dwelling-place was more beautiful than the heights of the heavenly powers: the Virgin, the holy Mountain, who carried You, our God, in her womb.

ODE THREE:

FIRST CANON

IRMOS:
YOUR CHURCH CELEBRATES IN YOU, O CHRIST, AND CRIES ALOUD:
YOU ARE MY STRENGTH, O LORD,
MY REFUGE AND MY STRONGHOLD.
R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.
Tropars:
The Tree of life, the true and spiritual Vine, has hung upon the Cross, pouring forth the drink of life to all.

As the fearful and mighty One, trampling the pride of Hades, You are risen in the flesh as immortal God.

Theotokos Hymn

As the Theotokos, you alone among those born an earth are the means to procure the things beyond nature. Therefore, we bring you the greeting: Rejoice.

SECOND CANON

IRMOS:

YOU FREELY CAME DOWN FROM ON HIGH TO EARTH,
O SOVEREIGN LORD OF ALL,
LIFTING UP MANKIND'S FRAIL AND MORTAL NATURE
FROM THE LOWEST DEPTHS OF HADES.
FOR NONE IS HOLY BUT YOU, O LOVER OF MANKIND.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

You broke the venomous teeth of the serpent that had pierced me, O Saviour, by the nails that pierced Your hands, O Almighty Master, for none is holy but You, O Lover of mankind.

O Bestower of life: You freely willed to be seen dead in the tomb. You opened the gates of Hades for the souls lying there from all the ages. For none is holy but You, O Lover of mankind.

Theotokos Hymn

You are the untilled earth that brought forth the living ear of wheat, the Source of immortality, for all who partake: the Holy One who rests in holiness among the saints.

ODE FOUR:

FIRST CANON

IRMOS:

SEEING YOU LIFTED UPON THE CROSS, O SUN OF RIGHTEOUSNESS,
THE CHURCH STOOD STILL AND CRIED ALOUD:
GLORY TO YOUR POWER, O LORD.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

You went up upon the Cross, healing my passions by the Passion of Your pure flesh which You freely put on. Therefore, we cry out to You: Glory to Your power, O Lord.

Death died, O Master, as it deserved, for it tasted of Your sinless and life-giving body. Therefore, we cry out to You: Glory to Your power, O Lord.

Theotokos Hymn

O unwedded Virgin, you conceived and in childbirth remained a Virgin. Therefore, in certain faith we unceasingly cry out: Rejoice, O Lady.

SECOND CANON

IRMOS:

HE WHO SITS IN GLORY ON THE THRONE OF DIVINITY,
JESUS, THE HOLY OF HOLIES, CAME ON A RADIANT CLOUD.
WITH HIS HOLY ARM, HE SAVED THOSE WHO CRY OUT:
GLORY TO YOUR POWER, O CHRIST.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
Israel, set under the law, did not know You, O Christ, as the God who gave the law, but transgressing the law, nailed You as a transgressor to the Cross, thus becoming unworthy of the law.

O Saviour: You plundered the treasures of Hades, and Your divine soul raised with itself the souls there from the ages, while Your life-bearing body poured forth immortality for all.

Theotokos Hymn

The burning bush unconsumed by fire prefigured you to the God-seer Moses: the all-holy, ever-virgin Theotokos, whom we all glorify.

ODE FIVE:

FIRST CANON

IRMOS:
O LORD MY LIGHT: YOU HAVE COME INTO THE WORLD
AS A LIGHT OF HOLINESS,
TURNING BACK FROM DARK IGNORANCE THOSE WHO SING YOUR PRAISES IN FAITH.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
O Lord: You came down to the earth in compassion; hung upon the Tree, You raised up the fallen nature of mankind.

You took upon Yourself the reproach of my sins; You destroyed the pangs of death by Your divine Resurrection, O merciful One.

Theotokos Hymn

We thrust you before the face of the enemy as an unbreakable shield. We have gained you, O Bride of God, as an anchor and hope for our salvation,

SECOND CANON

IRMOS:
CREATION STANDS IN AWE OF YOUR HEAVENLY GLORY,
FOR YOU, O VIRGIN, WITHOUT KNOWING A MAN,
HELD WITHIN YOUR WOMB THE GOD OF ALL,
AND GAVE BIRTH TO THE SON WHO TRANSCENDS ALL TIME,
WHO GIVES PEACE TO ALL WHO SING YOUR PRAISES.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
Foolish and senseless Hades took You whole in its jaws. It saw You nailed to the Tree and pierced by a spear. As it beheld You breathless it counted You, the Living God to be merely mortal man. But when it was challenged it knew the strength of Your

divinity.

When the temple of Your body was destroyed, O Lover of mankind, though the tomb and Hades received it, both of them were forced to pay tribute: the one gave up the souls of Your saints, the other gave up their bodies, O Immortal God.

Theotokos Hymn

Behold, now the words of the prophet are fulfilled, for you, O unwedded Virgin, held within your womb the God of all. You gave birth to the Son who transcends all time, Who gives salvation to all who sing your praises.

ODE SIX:

FIRST CANON

IRMOS:

THE CHURCH, WHICH IS PURIFIED FROM THE BLOOD OFFERED TO DEMONS,
BY THE BLOOD, WHICH FLOWED IN MERCY FROM YOUR SIDE,
CRIES ALOUD TO YOU, O LORD:
I WILL OFFER YOU A SACRIFICE OF PRAISE.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

You went up on the Cross, girded with strength, and wrestled with the tyrant. As God, You cast him down from the heights, and raised up Adam with Your invincible hand, You rose from the tomb, O Christ, in a lightning flash of beauty.

You scattered all Your enemies by Your divine might, and as God You filled all things with gladness.

Theotokos Hymn

O strange and new wonder: A Virgin who did not know a man conceived in her womb the One who holds the whole world in His hands, yet she did not confine Him.

SECOND CANON

IRMOS:

I HAVE COME TO THE DEPTHS OF THE SEA,
AND A STORM OF MANY SINS HAS WRECKED ME IN THE DEEP;
BUT, AS GOD, SNATCH MY LIFE FROM CORRUPTION,
O GREATLY MERCIFUL ONE.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

Hades opened his mouth and swallowed me, and the fool puffed up his soul; but Christ descended and led me up again, as the Lover of mankind.

Death was overcome by death: for He who was dead arose, and has given me incorruption. He, the Immortal One, appeared to the women greeting them with great

joy.

Theotokos Hymn

O Theotokos: your pure womb has been proclaimed to be the dwelling of God, the incomprehensible Divinity, upon whom the ranks of angels gaze with fear.

KONTAK:

MY SAVIOUR AND REDEEMER, AS GOD,
ROSE FROM THE TOMB, AND DELIVERED THE EARTH-BORN FROM THEIR CHAINS.
HE HAS SHATTERED THE GATES OF HADES,
AND AS MASTER,//
HE HAS RISEN ON THE THIRD DAY.

IKOS:

Let all of us who are born on earth sing the praises of Christ, the Giver of life. He rose from the dead, and coming forth from the tomb on the third day, today has smashed the gates of death by His strength. He sets free Adam and Eve, slaying hades, and destroying the sting of death. Let us cry aloud in thanksgiving://
AS MASTER, HE HAS RISEN ON THE THIRD DAY.

ODE SEVEN:

FIRST CANON

IRMOS:

THE CHILDREN OF ABRAHAM IN THE PERSIAN FURNACE,
BURNING WITH LOVE FOR THE TRUE FAITH, STRONGER THAN THE FLAMES,
CRIED OUT FROM THE MIDST OF THE FIRE:
BLESSED ARE YOU, O LORD, IN THE TEMPLE OF YOUR GLORY.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

Washed in the divine blood of Christ, mankind has been called to incorruption. He cries out in thanksgiving: Blessed are You, O Lord, in the temple of Your Glory.

Bearing life and more fruitful than Paradise, brighter than any royal chamber: Your tomb, O Christ, is the fountain of our Resurrection.

Theotokos Hymn

Rejoice, O holy and divine tabernacle of the Most High; for through you, O Theotokos, joy has been given to those who cry out: Blessed are you among women, O all-holy Lady.

SECOND CANON

IRMOS:

THREE YOUNG MEN IN BABYLON,
COUNTING A TYRANT'S COMMAND TO BE IDLE TALK,
CRIED ALOUD IN THE MIDST OF THE FLAMES:
BLESSED ARE YOU, O LORD, GOD OF OUR FATHERS.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

When You were lifted up on the Tree, You cast down the proud look and haughty eye. You saved mankind, O all-praised One: Blessed are You, O Lord, God of our fathers.

Raise up the horn of those who serve You with us, O Master, Who rose from the dead, despoiling Hades of the wealth of mortals: Blessed are You, O Lord, God of our fathers.

R: GLORY TO YOU, O HOLY TRINITY, OUR GOD.

In accord with divine teachings, we glorify the One Godhead in three Lights neither divided nor confused, the Brightness that knows no evening, enlightening all creation as it sings: Blessed are You, O God.

ODE EIGHT: *May be sung as stikhs on the Song of the Three Children*

FIRST CANON

IRMOS:

DANIEL STRETCHED OUT HIS HANDS IN PRAYER
IN THE DEN OF LIONS, AND STOPPED THEIR MOUTHS,
AND, GIRDED WITH HOLINESS, THE CHILDREN, LOVERS OF THE TRUE FAITH,
QUENCHED THE POWER OF THE FIRE, AS THEY CRIED ALOUD:
ALL YOU WORKS OF THE LORD: BLESS THE LORD.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

You stretched out Your hands upon the Cross, and gather all the nations to Yourself. You showed them to be one Church that praises You, those on earth singing in harmony with those in heaven: All you works of the Lord: bless the Lord.

An angel like lightning, robed in white garments, shining with the unapproachable light of the Resurrection appeared to the women and cried out: Why do you seek the Living in the tomb as dead ? Christ is risen indeed and we cry out to Him: All you His works: sing praises to the Lord.

Theotokos Hymn

O Undefiled Virgin: you alone among women are revealed as the Mother of God, you alone are without blemish. You were the dwelling-place of the Godhead, yet were not burned by the fire of the unapproachable Light. Therefore, we all bless you, O Mary, Bride of God.

SECOND CANON

IRMOS:
O ALMIGHTY REDEEMER OF ALL:
YOU DESCENDED TO THE GODLY YOUTHS IN THE MIDST OF THE FLAMES,
SHEDDING YOUR DEW UPON THEM, AND TEACHING THEM TO SING:
ALL YOU WORKS OF THE LORD: PRAISE AND BLESS THE LORD.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
As it beheld You unjustly led to the slaughter, creation trembled and lamented: the earth shook, and the sun wrapped itself in darkness, as in a garment. But we sing Your praises without ceasing, O Christ, and we highly exalt You throughout all ages.

You descended even to Hades for me, forming the path of the Resurrection for all. Taking me upon Your shoulders, You ascended and brought me to the Father. Therefore, I cry out to You: Praise the Lord, all you works of the Lord, exalt Him throughout all ages.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.

We glorify the primal Reason and Cause of all: the only unoriginate Father, the Word without beginning, and the Spirit, the Comforter, One God and Lord and Maker of all, the Trinity, one in nature. We worship and exalt Him throughout all ages.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

THE MAGNIFICAT IS SUNG

ODE NINE:

FIRST CANON

IRMOS:
CHRIST, THE CORNER STONE NOT CUT BY HUMAN HAND,
WAS TAKEN FROM YOU, O VIRGIN, THE UNHEWN MOUNTAIN;
JOINING IN ONE, TWO DIFFERENT NATURES;
THEREFORE, WE MAGNIFY YOU, O THEOTOKOS, WITH GREAT REJOICING.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
You entirely assumed my whole self in a union without confusion. You granted me salvation by Your passion on the Cross, which You endured in the flesh, O my God,

because of Your great compassion.

As they beheld Your open tomb, and the linen clothes in which God had lain, left empty by Your Resurrection, the disciples said with the angel: The Lord is risen indeed.

R: GLORY TO YOU, O HOLY TRINITY, OUR GOD.

All we the faithful worship the one divine Nature that is yet a Trinity of Persons: Persons unconfused, equal in power and in honour Whom we reverently magnify.

SECOND CANON

IRMOS:

THE PURE, DIVINE AND INEFFABLE MYSTERY
FINDS ITS FULFILMENT IN YOU, O PURE VIRGIN,
FOR IN COMPASSION, GOD HAS TAKEN BODILY FORM FROM YOU.
THEREFORE, WE MAGNIFY YOU AS THE THEOTOKOS.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

The serpent stealthily took me captive in Eden, but You, O almighty Lord, dashed him to pieces like a child upon the strong rock of Golgotha. And by the Wood of the Cross You opened for me again the entrance to delight.

You laid waste the mighty stronghold of the enemy, plundering his riches by Your almighty arm. You raised me up with Yourself from the depths of Hades, O Christ, exposing to laughter the one whose boasting knew no bounds.

Come, and visit the affliction of Your poor through Your compassion and mighty arm. Make all Orthodox Christians strong against blaspheming enemies who seek to take away Your own inheritance, O Christ, the Lover of mankind.

Theotokos Hymn

Taking from your incorruptible womb our changeable mortal nature, the incorruptible Lord in compassion has manifested Himself unchanged. Therefore, we magnify you as the Theotokos.

THE PRAISES:

O ALL-POWERFUL LORD:
YOU SUFFERED THE CROSS AND DEATH, AND AROSE FROM THE DEAD.
WE GLORIFY YOUR RESURRECTION.

BY YOUR CROSS, O CHRIST,
YOU HAVE DELIVERED US FROM THE ANCIENT CURSE,
AND BY YOUR DEATH, YOU HAVE SUPPRESSED THE DEVIL,
WHO WAS TYRANNISING OUR NATURE.
BY YOUR RESURRECTION, YOU HAVE FILLED EVERYTHING WITH JOY.
THEREFORE, WE CRY OUT TO YOU://
O LORD, RISEN FROM THE DEAD: GLORY TO YOU.

THROUGH YOUR CROSS, LEAD US INTO YOUR TRUTH, O CHRIST THE SAVIOUR,
AND DELIVER US FROM THE SNARES OF THE ENEMY.
YOU ARE RISEN FROM THE DEAD: STRETCH OUT YOUR ARM,
AND RAISE US UP WHO ARE FALLEN THROUGH SIN,//
THROUGH THE PRAYERS OF YOUR SAINTS, O LORD AND LOVER OF MANKIND.

The Anatolian Stikhs:

WITHOUT LEAVING THE BOSOM OF THE FATHER,
O ONLY BEGOTTEN WORD OF GOD,
IN YOUR LOVE FOR MANKIND, YOU CAME TO EARTH,
BECOMING TRULY MAN,
SO YOU COULD SUFFER THE CROSS AND DEATH IN THE FLESH,
GRANTING MANKIND IMMORTALITY BY YOUR RESURRECTION,//
O ONLY ALMIGHTY ONE.

INTERCEDING FOR OUR IMMORTALITY, O SAVIOUR,
YOU SUFFERED DEATH IN THE FLESH,
AND YOU DWELT IN THE GRAVE, THAT YOU MIGHT DELIVER US FROM HADES,
RAISING US UP TOGETHER WITH YOU.
FOR, AS MAN, YOU SUFFERED, BUT HAVE RISEN AS GOD.
THEREFORE, WE CRY OUT: O LORD, AND GIVER OF LIFE://
GLORY TO YOU, O ONLY LOVER OF MANKIND.

O SAVIOUR: THE ROCKS TREMBLED,
WHEN YOUR CROSS WAS SET UP ON GOLGOTHA.

THE DOORKEEPERS OF HADES WERE FRIGHTENED WHEN YOU WERE LAID IN THE TOMB AS DEAD,
FOR ABOLISHING THE STRONGHOLDS OF DEATH,
YOU HAVE GRANTED INCORRUPTION TO ALL THE DEAD BY YOUR RESURRECTION.//
O SAVIOUR AND LORD, THE LIFE-GIVER: GLORY TO YOU.

THE WOMEN DESIRED TO SEE YOUR RESURRECTION, O CHRIST GOD.
MARY MAGDALENE CAME BEFORE THE OTHERS, AND FOUND THE STONE ROLLED FROM THE GRAVE.
THE ANGEL SITTING ON IT SAID: WHY DO YOU SEEK THE LIVING AMONG THE DEAD ?//
HE IS RISEN AS GOD, THAT HE MAY SAVE ALL THINGS.

TELL WHERE JESUS IS, WHOM YOU COMMANDED TO BE GUARDED.
WHERE IS HE WHOM YOU PUT IN THE TOMB, SEALING THE STONE ?
GIVE BACK THE DEAD ONE, YOU THAT HAVE REJECTED THE LIVING.
EITHER GIVE UP THE BURIED, OR BELIEVE IN THE RISEN ONE,
FOR, EVEN IF YOU WISHED TO KEEP THE LORD'S RISING IN SILENCE,
THE STONES WILL CRY OUT.
EVEN MORE, THE ONE WHICH WAS ROLLED FROM THE GRAVE.//
GREAT IS YOUR MERCY, AND THE MYSTERY OF YOUR DISPENSATION, O SAVIOUR: GLORY TO YOU.

GLORY... GOSPEL STIKH

NOW AND EVER... TONE 2
YOU ARE MOST BLESSED...

THIRD CANON, TO THE THEOTOKOS:

ODE ONE:
IRMOS:
I WILL OPEN MY MOUTH, FILLED WITH THE SPIRIT;
I WILL SING A SONG TO THE QUEEN AND MOTHER.
I WILL COME, REJOICING IN THE FEAST
AND I WILL EXTOL ALL HER GLORY.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
The peoples were shaken, the nations were troubled, mighty kings bowed in awe of your child-bearing, O pure One. For my King came and overthrew the tyrant, and delivered the world from corruption.

Christ, who dwells in the heights, coming down to mortals, sanctified His Tabernacle and established you as unshaken; for you alone, after bearing the Creator, retained the treasure of virginity.

ODE THREE:
IRMOS:
IN YOUR DIVINE GLORY, O THEOTOKOS,
LIVING AND INEXHAUSTIBLE FOUNTAIN:
SPIRITUALLY ESTABLISH YOUR CHOIR, ASSEMBLED IN CHORUS.
IN YOUR MERCY, MAKE THEM WORTHY OF THE CROWNS OF GLORY.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
The nature of mortals is cleansed, joined through you to the divine and unbearable fire, as a hidden loaf in ashes baked in you, O all-holy Virgin, while the fire guarded you and kept you pure.

Who is this, so near to God, surpassing the ranks of angels ? The one radiant in the beauty of virginity: the only Mother of the Almighty.

ODE FOUR:
IRMOS:
THE COUNSEL OF GOD CANNOT BE EXAMINED:
THE MOST HIGH WAS INCARNATE FROM A VIRGIN.
THE PROPHET HABAKKUK FORESAW THIS AND CRIED OUT:
GLORY TO YOUR POWER, O GOD.
R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
The invisible One dwelt visibly with the human race, and the formless, incomprehensible Divinity took another form from you, O Maiden. Thus He saves those who recognize you as the pure Mother of God.

The Virgin harboured the bodiless One in the body: partaking of her nature, the Babe in her womb bears her humanity. Therefore, He is proclaimed the One in two natures: God in the flesh and mortal man beyond being.

The Word and God came to dwell in you, O Virgin. He was born without seed, and kept you still a virgin after His birth. He preserved you a virgin in child-bearing, as the Lord and Creator of all.

ODE FIVE:
IRMOS:
ALL CREATION WAS AWED BY YOUR DIVINE GLORY,
FOR YOU, O VIRGIN, KNEW NO MAN, YET BORE THE GOD OF ALL.
YOU HELD IN YOUR WOMB THE ETERNAL SON
WHO GRANTS PEACE TO THOSE WHO EXTOL YOU IN SONG.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
The Son of God came to dwell in you, O pure Virgin, making you a House of Glory, a holy Mountain of God, a Bride, a bridal chamber, a Temple of sanctification, and a paradise of everlasting joy for us.

You took flesh from the blood of the Virgin, O Christ, purely and without seed, with substance, reason, mind and soul, having the will and the power to act in self-control and freedom.

A virgin womb has put the design of the tyrant to shame. The sucking Child put His hand into the den of the soul-destroying adder. He overthrew the false rebel, putting him to be trampled beneath the feet of the faithful.

ODE SIX:
IRMOS:
I HAVE COME TO THE DEPTHS OF THE SEA
AND A STORM OF MANY SINS HAS WRECKED ME IN THE DEEP,
BUT, AS GOD, SNATCH MY LIFE FROM CORRUPTION,
O GREATLY MERCIFUL ONE.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
In days of old the serpent trampled me, putting me to death through our mother Eve.

But now, through you, O pure Virgin, my Creator has called me up from corruption. Unfathomed depths of compassion show you to be the chosen deep of wonders, O Maiden, for Christ, the Pearl, shone from you in the lightning of the Godhead.

ODE SEVEN:
IRMOS:
THE GODLY YOUTHS WORSHIPPED THE CREATOR, NOT THE CREATURE;
MANFULLY THEY TRAMPLED ON THE FLAMES, SINGING IN JOY:
BLESSED ARE YOU, O MOST PRAISED LORD, GOD OF OUR FATHERS.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
The fire of pure love in my heart draws me to sing and cry aloud to the Mother and Virgin: O Blessed One, the Lord of Hosts is with you.

You are shown to be higher than all creation, for you bore the Creator and Lord. Therefore, I cry out to you, O Theotokos: O Blessed One, the Lord of Hosts is with you.

Of the Trinity

I honour You, One undivided Godhead in holy Trinity; I praise one nature in three Persons, and I cry out to You: Blessed are You for You direct and guide all creation.

ODE EIGHT:
IRMOS:
HE WHO WAS BORN OF THE THEOTOKOS
SAVED THE HOLY CHILDREN IN THE FURNACE.
HE, WHO WAS THEN PREFIGURED, HAS NOW BEEN BORN ON EARTH,
AND HE GATHERS ALL OF CREATION TO SING:
ALL YOU WORKS OF THE LORD: BLESS THE LORD,
AND EXALT HIM ABOVE ALL FOREVER.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
The Lord of all who formed you from the rib of Adam, Was made flesh from your virgin side. We cry out and sing His praises: All you works of the Lord, bless the Lord, and exalt Him above all forever.

Abraham, as he received a guest within his tent, beheld the mystery that was to take place in you, O Theotokos, for the One he received was your Son without flesh, and he sang: All you works of the Lord, praise and bless the Lord.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.

Equal in number to the Trinity, the children who trampled on the flames with their bodies and were saved, prefigured your virginity, O Maiden, as they cried out: All you

works of the Lord, praise and bless the Lord.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

ODE NINE:

IRMOS:

LET EVERY EARTHBORN MORTAL BE RADIANT
AND SPIRITUALLY LEAP FOR JOY;
LET THE RANKS OF ANGELIC POWERS CELEBRATE
HONOURING THE HOLY FEAST OF THE MOTHER OF GOD AND CRYING OUT:
REJOICE, O PURE AND BLESSED EVER-VIRGIN, WHO GAVE BIRTH TO GOD.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:

We behold you, O pure One, shining as a rose among thorns, robed in the purple of the divine Spirit, filling with fragrance those who magnify you in purity of heart.

Taking from your incorruptible womb our changeable mortal nature, the incorruptible Lord in compassion has manifested Himself unchanged. Therefore, we magnify you as the Theotokos.

O Queen of all creation: bring the enemies of the Church to terms, granting trophies of victory to your people that we may magnify you as the Theotokos.

SUNDAY
HYMNS

TROPAR

WHEN THE WOMEN DISCIPLES OF THE LORD
LEARNED FROM THE ANGEL THE JOYOUS MESSAGE OF YOUR RESURRECTION;
THEY CAST AWAY THE ANCESTRAL CURSE
AND ELATEDLY TOLD THE APOSTLES:
DEATH IS OVERTHROWN.
CHRIST OUR GOD IS RISEN,//
GRANTING THE WORLD GREAT MERCY.

KONTAK

MY SAVIOUR AND REDEEMER, AS GOD,
ROSE FROM THE TOMB, AND DELIVERED THE EARTH-BORN FROM THEIR CHAINS.
HE HAS SHATTERED THE GATES OF HADES,
AND AS MASTER,//
HE HAS RISEN ON THE THIRD DAY.

THEOTOKOS HYMN

THE MYSTERY HIDDEN FROM ETERNITY,
AND UNKNOWN TO THE ANGELS,
IS MANIFESTED TO THOSE ON EARTH THROUGH YOU, O THEOTOKOS.
GOD, BEING INCARNATE OF YOU BY UNION WITHOUT CONFUSION,
AND OF HIS OWN WILL FREELY ENDURING THE CROSS FOR US,
AND RAISING THE FIRST-FORMED MAN,//
HAS SAVED OUR SOULS FROM DEATH.

Glory... Now and ever...

Theotokos Hymn

WHO WILL NOT CALL YOU BLESSED, O ALL-HOLY VIRGIN ?
WHO WILL NOT HYMN YOUR MOST PURE CHILDBEARING ?
THE ONLYBEGOTTEN SON, WHO SHONE TIMELESSLY FROM THE FATHER,
INEFFABLY CAME FORTH INCARNATE FROM YOU, O PURE ONE.
GOD BY NATURE, HE BECAME MAN FOR OUR SAKE,
NOT DIVIDED INTO TWO PERSONS,
BUT KNOWN IN TWO NATURES WITHOUT CONFUSION.
BESEECH HIM, O PURE AND MOST BLESSED LADY,//
THAT HE MAY HAVE MERCY ON OUR SOULS.

SUNDAY VESPERS:

LORD I CALL...

Stikhs of repentance

MY SINS AGAINST YOU, O LOVER OF MANKIND,
HAVE NEARLY DESTROYED MY HUMAN NATURE.
YET I SEEK FORGIVENESS BEYOND THAT OF THE HUMAN RACE —
FORGIVENESS BEYOND NATURE — ,
I SEEK FORGIVENESS THAT IS MORE THAN FORGIVENESS ITSELF,
FOR BEYOND THE LAWS OF NATURE AND HUMAN REASONING,
YOU BECAME A MAN, O MY SAVIOUR,
LOVING MANKIND BEYOND MANKIND'S UNDERSTANDING.//
SAVE ME AS I TURN TO YOU.

YOU ESTABLISHED REPENTANCE, O CHRIST,
NOT FOR THOSE WHO ARE GOOD,
BUT FOR THOSE WHO HAVE BECOME OUTCAST BY SIN,
AS WE LEARN FROM MANY EXAMPLES:
THE THIEF AND THE PRODIGAL SON,
MANASSES AND THE PROSTITUTE,
PAUL, WHO HAD PERSECUTED THE CHURCH,
MATTHEW, WHO HAD COLLECTED TAXES,
AND PETER WHO DENIED YOU.
HOW THEN CAN I DESPAIR,
KNOWING, O MY SAVIOUR, THAT YOU ARE GOOD AND THE LOVER OF MANKIND ?
I WILL TURN TO YOU IN TEARS,//
FILLED WITH HOPE THAT YOU WILT ACCEPT ME.

TOUCH MY HEART WITH HUMILITY.
TURN ME COMPLETELY AWAY FROM EVIL,
FOR NOW I DROWN IN THE PASSIONS OF THE FLESH.
I HAVE NO HOPE, REMOVED FAR FROM YOU, THE KING AND GOD OF ALL.
I HAVE GONE ASTRAY.
SAVE ME, FOR THE SAKE OF YOUR GREAT MERCY,//
O ALMIGHTY JESUS, THE SAVIOUR OF OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

O UNDEFILED VIRGIN, HIGHER THAN THE HEAVENLY HOSTS:
PRAY WITH THE ANGELS TO THE ONE WHO RULES THEM AND ALL

CREATION,
THAT HE WILL FORGIVE OUR SINS,
AND DELIVERING US FROM OUR PASSIONS,
WILL MAKE US WORTHY TO PRAISE HIS GLORY IN SONG,//
AND TO INHERIT THE FOOD OF INCORRUPTION.

APOSTIKHA

Stikhs of repentance

O LORD: I LONG TO WASH AWAY WITH TEARS
THE RECORD OF ALL MY SINS,
AND TO SPEND THE REMAINING DAYS OF MY LIFE
PLEASING YOU THROUGH REPENTANCE,
BUT THE DEVIL CONTINUALLY DECEIVES ME.
HE WAGES WAR AGAINST MY SOUL.//
SAVE ME, BEFORE I UTTERLY PERISH, O LORD.

WHO, WHEN BESTORMED, IF HE RUNS TO THIS HAVEN, IS NOT SAVED ?
OR WHO THAT IS SICK, IF HE RUNS TO THIS HEALING, IS NOT MADE WHOLE ?
O LORD, THE MAKER OF ALL AND PHYSICIAN OF THE SICK://
SAVE ME, BEFORE I UTTERLY PERISH, O LORD.

To the martyrs

YOU ARE GLORIFIED IN THE MEMORY OF YOUR MARTYRS, O CHRIST.
THEY ENTREAT YOU ON OUR BEHALF, O GOD,//
TO SEND DOWN ON US GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

REJOICE, O CLOUD FILLED WITH RADIANT LIGHT.
REJOICE, SHINING LAMPSTAND.
REJOICE, JAR OF MANNA;
REJOICE, STAFF OF AARON.
REJOICE, BUSH WHICH BURNED, YET WAS NOT CONSUMED;
REJOICE, O LAMP; REJOICE, O THRONE.
REJOICE, HOLY MOUNTAIN.
REJOICE, O HARBOUR; REJOICE, O TABLE OF GOD;
REJOICE, O MYSTICAL DOOR.//
REJOICE, FOR YOU ARE THE JOY OF ALL.

MONDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

Of repentance

O LORD: MAKE MY HUMILIATED SOUL TURN BACK,
FOR I HAVE WASTED ALL MY LIFE IN SIN.//
RECEIVE ME AS THE HARLOT AND SAVE ME.

V: O Lord: rebuke me not in Your anger.

AS I SAIL ACROSS THE SEA OF THIS PRESENT LIFE,
I LAY TO HEART THE DEPTHS OF MY MANY SINS.
I LACK SPIRITUAL WISDOM TO GUIDE ME ON MY COURSE,
AND LIKE PETER, I CRY OUT TO YOU:
SAVE ME, O CHRIST MY GOD,//
SAVE ME IN YOUR LOVE FOR MANKIND.

Glory... Now and ever...

Theotokos Hymn

THE ARCHANGEL GABRIEL BROUGHT GREETINGS FROM HEAVEN
TO YOU, CLOTHED WITH FAITH AND WISDOM AND BLAMELESS VIRGINITY,
BROUGHT UP IN THE TEMPLE, WITHIN THE HOLY OF HOLIES.
HE CRIED: REJOICE, O ALL BLESSED ONE;//
REJOICE, O ALL-GLORIFIED ONE, THE LORD IS WITH YOU.

After the final reading from the Psalter:

SESSIONAL HYMN

To the angels

O TRANSCENDENT TRINITY:
THE CHOIRS OF BODILESS ANGELS WITH INCORPOREAL MOUTHS,
SING YOUR PRAISES WITHOUT CEASING.
STANDING BY IN FEAR, THEY SHOUT:
HOLY ARE YOU, O NATURE THREE IN ONE.
BY THEIR PRAYERS, HAVE MERCY ON THE MEMBERS OF YOUR HOUSEHOLD,
THE WORK OF YOUR HANDS,//
FOR YOU ALONE ARE THE LOVER OF MANKIND.

V: Blessed are those whom You have chosen and taken, O Lord.

THE ANGELIC HOSTS ARE PRESENT TODAY
AT THE MEMORIAL OF THE HOLY MARTYRS.
THEY ENLIGHTEN THE MINDS OF THE FAITHFUL,

MAKING THE WHOLE WORLD BRIGHT WITH GRACE.//
ACCEPT THEIR INTERCESSIONS, O GOD, AND GRANT US YOUR GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

WITHIN THE HOLY OF HOLIES,
THE ARCHANGEL GABRIEL CAME TO YOU,
BROUGHT UP IN THE TEMPLE AND CLOTHED WITH FAITH,
WITH WISDOM AND MEASURELESS VIRGINITY.
HE BROUGHT THE SALUTATION FROM HEAVEN, AND GREETED YOU, SAYING:
REJOICE, O BLESSED ONE.//
REJOICE, O GLORIFIED ONE; THE LORD IS WITH YOU.

APOSTIKHA

Stikhs of repentance

I FLEE FOR REFUGE TO YOU, THE GOOD SHEPHERD;
I AM A SHEEP OF YOUR RATIONAL FLOCK.
O GOD: I HAVE GONE ASTRAY;//
SEEK ME, AND HAVE MERCY ON ME.

O SAVIOUR: WASH ME IN MY TEARS,
FOR I AM DEFILED BY MANY SINS.
THEREFORE, I FALL BEFORE YOU://
I HAVE SINNED; HAVE MERCY ON ME, O GOD.

To the martyrs

WHO WILL NOT WONDER AT YOUR STRUGGLE, O HOLY MARTYRS ?
HOW, IN THE FLESH, YOU DEFEATED THE BODILESS ENEMY.
YOU CONFESSED CHRIST, BEING ARMED WITH THE CROSS,
TRULY DRIVING THE DEMONS AWAY,
DEFEATING THE EVIL ONE.//
PRAY UNCEASINGLY THAT OUR SOULS MAY BE SAVED.

Glory... Now and ever...

Theotokos Hymn

PROTECT YOUR SERVANTS FROM EVERY KIND OF DANGER,
O BLESSED THEOTOKOS,//
THAT WE MAY GLORIFY YOU, THE HOPE OF OUR SOULS.

MONDAY VESPERS:

LORD I CALL...

Stikhs of repentance

EMULATE THE WOMAN OF CANAAN, O MY SOUL.
CLEAVE TO CHRIST, AND CRY OUT OFTEN:
HAVE MERCY ON ME, O MASTER.
THE CHILD I HAVE IS MY UNRULY FLESH POSSESSED BY THE DEVIL.
DRIVE OUT ITS FEVER, AND CALM ITS FRENZIED MOVEMENTS.
MORTIFY IT IN THE FEAR OF YOU,
THROUGH THE PRAYERS OF THE ALL-PURE ONE ,
WHO CONCEIVED AND GAVE BIRTH TO YOU, O CHRIST,
AND THROUGH THE PRAYERS OF ALL THE SAINTS,//
O MOST MERCIFUL BENEFACTOR.

ONCE, YOU SENT THE PROPHET JONAH
TO PREACH TO THE PEOPLE OF NINEVEH WHO HAD SINNED.
WHEN THEY REPENTED, THE WRATH OF GOD CHANGED TO PITY,
AND THEY WERE DELIVERED FROM FURIOUS DESTRUCTION.
SEND YOUR POWERFUL HELP TO ME, O LOVER OF MANKIND,
ALTHOUGH I AM UNWORTHY,
THAT I MAY TURN AWAY FROM MY COUNTLESS SINS,
SO THAT I MAY BE LED ONTO THE PATH OF REPENTANCE.
THEN, I WILL LAMENT WITH BITTER TEARS//
AND BE DELIVERED FROM MY MANY TRANSGRESSIONS BY YOUR MERCY.

YOU CAME INTO THE WORLD TO SAVE THOSE WHO SIN,
AND TO CALL THEM TO REPENTANCE, AS THE COMPASSIONATE ONE:
HAVE PITY ON ME, ALTHOUGH I HAVE ANGERED YOU MORE THAN THEM ALL.
SAVE ME FOR THE SAKE OF YOUR GOODNESS, AND LEAD ME TO REPENTANCE.
GIVE ME THOUGHTS OF CONTRITION.
MAKE MY HEART HUMBLE BY YOUR GRACE,
SINGLE IN PURPOSE, GENTLE AND WITHOUT GUILE,//
AS THE COMPASSIONATE ONE.

Glory... Now and ever...

Theotokos Hymn

O THEOTOKOS:
MAKE ME TO WEEP WITH ALL MY HEART,
TO REPENT SINCERELY OF MY MANY SINS.

HELP ME TO SPEND THE REST OF MY LIFE IN REPENTANCE,//
REASSURED THAT YOU WILL KEEP ME FROM ALL EVIL.

APOSTIKHA

O LORD: I LONG TO WASH AWAY WITH TEARS
THE RECORD OF ALL MY SINS,
AND TO SPEND THE REMAINING DAYS OF MY LIFE
PLEASING YOU THROUGH REPENTANCE,
BUT THE DEVIL CONTINUALLY DECEIVES ME.
HE WAGES WAR AGAINST MY SOUL.//
SAVE ME, BEFORE I UTTERLY PERISH, O LORD.

WHO, WHEN BESTORMED, IF HE RUNS TO THIS HAVEN IS NOT SAVED ?
OR WHO THAT IS SICK, IF HE RUNS TO THIS HEALING, IS NOT MADE WHOLE ?
O LORD, THE MAKER OF ALL, AND PHYSICIAN OF THE SICK: //
SAVE ME, BEFORE I UTTERLY PERISH, O LORD.

AS YOU ACCEPTED THE PATIENCE OF THE HOLY MARTYRS,
ACCEPT OUR SONG, O LOVER OF MANKIND,//
GRANTING US, BY THEIR SUPPLICATIONS, GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

DELIVER US FROM DANGER,
O MOTHER OF CHRIST OUR GOD,
WHO GAVE BIRTH TO THE CREATOR OF ALL,
THAT WE MAY ALL CRY OUT TO YOU://
REJOICE, O ONLY ADVOCATE OF OUR SOULS.

TUESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

Of repentance

LET US HASTEN TO ENTER THE BRIDAL CHAMBER OF CHRIST,
THAT WE MAY HEAR THE BLESSED VOICE OF OUR GOD.
COME, ALL YOU THAT LOVE THE GLORY OF HEAVEN,
AND FOLLOW THE EXAMPLE OF THE WISE VIRGINS://
LET US MAKE OUR LAMPS SHINE BRIGHTLY WITH FAITH.

V: O Lord: rebuke me not in Your anger.

REFLECT, O MY SOUL, HOW WE STAND BEFORE THE JUDGE IN THAT FEARFUL HOUR,
WHEN THE DREAD THRONES ARE SET UP, AND THE DEEDS OF EACH PERSON DISCLOSED.
NO ENTREATY THEN WILL SWAY THE JUDGE;
THERE, LIKE AN OVERWHELMING, ANGRY, RAGING SEA,
THE FIRE OF TORMENT IS PREPARED FOR YOU.
REFLECT ON THIS, O MY SOUL.//
WEEP, AND REPENT BEFORE THE END IS HERE.

Glory... Now and ever...

Theotokos Hymn

O TRUE THEOTOKOS:
YOU INTERCEDE WITH THE BOLDNESS OF A MOTHER BEFORE YOUR SON AND OUR GOD.
PRESERVE YOUR FLOCK THAT TURNS TO YOU FOR PROTECTION,
AND RECEIVES ITS STRENGTH FROM YOU.//
YOU ARE A WALL AND A HAVEN, THE ONLY GUARDIAN OF MANKIND.

After the final reading from the Psalter:

SESSIONAL HYMN

To the Baptist

O HOLY BAPTIST, DOVE OF THE WILDERNESS,
PREACHER OF REPENTANCE, AND REVEALER OF CHRIST BECOME MAN:
YOU HAVE BECOME THE PROTECTOR OF ALL SINNERS;
THE HELPER FROM EVERLASTING TO EVERLASTING FOR ALL TOSSED BY THE STORMS OF LIFE.//
BY HIS PRAYERS, O CHRIST, SAVE YOUR WORLD.

V: Blessed are those whom You have chosen and taken, O Lord.
AS WITH FINE PORPHYRY AND ROYAL PURPLE,
YOUR CHURCH HAS BEEN ADORNED
WITH YOUR MARTYRS' BLOOD SHED THROUGHOUT ALL THE WORLD.
SHE CRIES TO YOU, O CHRIST GOD:
SEND DOWN YOUR BOUNTIES ON YOUR PEOPLE,//
GRANT PEACE TO YOUR DOMINION, AND GREAT MERCY TO OUR SOULS.
Glory... Now and ever...

Theotokos Hymn

O UNDEFILED VIRGIN:
YOU HAVE CONCEIVED THE MAKER OF ALL;
YOU ALONE HAVE ADORNED MANKIND THROUGH YOUR CHILDBEARING:
DELIVER ME FROM THE TRAPS OF THE CRAFTY DEVIL,
ESTABLISH ME UPON THE ROCK OF THE PRECEPTS OF CHRIST//
BY YOUR PRAYERS TO HIM WHOM YOU BORE IN THE FLESH.

APOSTIKHA:

Stikhs of repentance

I FLEE FOR REFUGE TO YOU, THE GOOD SHEPHERD;
I AM A SHEEP OF YOUR RATIONAL FLOCK.
O GOD: I HAVE GONE ASTRAY;//
SEEK ME, AND HAVE MERCY ON ME.

A STORM OF SINS SURROUNDS ME, O SAVIOUR;
I CANNOT WITHSTAND THE SURGING WAVES.
I FALL BEFORE YOU, THE ONLY PILOT.
REACH OUT FOR ME AS YOU DID FOR PETER, O LORD,//
AND SAVE ME WITH YOUR HAND OF LOVE FOR MANKIND.

To the martyrs

HAVING PREACHED CHRIST BRAVELY IN THE ARENA,
YOU CAME TO SHARE IN THE LIFE OF THE ANGELS, O HOLY MARTYRS;
FOR, LAYING HOLD OF THE FAITH AS A STEADFAST ANCHOR,
YOU ABANDONED ALL THE PLEASURES OF THE WORLD AS NOTHING.
THEREFORE, HAVING CHASED AWAY ALL PHANTASY,
YOU GUSH FORTH HEALING GRACES TO THE FAITHFUL,//
EVER INTERCEDING THAT OUR SOULS MAY BE SAVED.

Glory... Now and ever...

Theotokos Hymn

O THEOTOKOS, AND QUEEN OF ALL,
BOAST OF THE ORTHODOX:
PUT TO SHAME THE INSOLENCE AND PRIDE OF HERETICS,//
WHO DO NOT VENERATE OR HONOUR YOUR VENERABLE ICON, O ALL PURE ONE.

TUESDAY VESPERS:

LORD I CALL...

Stikhs to the Cross

LIFTED UPON THE CROSS,
YOUR SIDE PIERCED WITH A LANCE,
AND YOUR FINGERS RUNNING WITH BLOOD,
YOU SIGNED OUR LIBERATION, O MOST KIND MASTER,
TEARING UP THE RECORD OF DEBT OF OUR FIRST FATHER ADAM.
YOU HAVE SET HUMAN NATURE FREE.//
THEREFORE, WE SING THE PRAISES OF YOUR GOODNESS THAT IS PAST UNDERSTANDING, O COMPASSIONATE LORD.

WE SING THE PRAISES OF YOUR SUFFERINGS, O JESUS OUR MASTER,
OF THE CROSS, THE LANCE, THE REED, THE SPONGE AND THE NAILS,
OF THE SCOURGING, THE PURPLE, AND THE CROWN OF THORNS,
OF THE SPITTING, AND THE MOCKERY,
THAT YOU ENDURED OF YOUR OWN FREE WILL.
I MAGNIFY YOUR FORBEARANCE, O ONLY GIVER OF LIFE,
IN WHOM THERE IS NO EVIL,//
AND I GLORIFY YOU IN FAITH, O LOVER OF MANKIND.

I VENERATE AND KISS YOUR PRECIOUS CROSS WITH LOVE, O GOOD ONE,
AND I GLORIFY YOUR DESCENT TO HADES, THAT IS MORE THAN THE MIND CAN GRASP,
AND YOUR INEFFABLE AND TENDER MERCIES,
THE WEALTH OF YOUR GOODNESS, FOR WHICH YOU HAVE SAVED MANKIND
HELD IN THE DARKNESS OF TRANSGRESSION.//
GLORY TO YOUR CRUCIFIXION, O CHRIST.

Glory... Now and ever...

Theotokos Hymn

DO NOT MOURN OR LAMENT FOR ME, O MOTHER,
FOR, ALTHOUGH I HANG UPON THE CROSS,
I AM GOD, AND HAVE CREATED THE WORLD.
I CREATED ALL THINGS VISIBLE AND INVISIBLE.
I SHALL RISE AGAIN, AND BE GLORIFIED.
I GO TO DESTROY THE FORTRESS OF SATAN,
CRUSHING HIS POWER, AND FREEING THOSE BOUND BY HIM,//
FOR I AM COMING WITH MY FATHER AND THE GLORY OF THE HOLY TRINITY.

APOSTIKHA:

Stikhs to the Cross

YOU HAVE GIVEN US AN INVINCIBLE WEAPON IN YOUR CROSS, O CHRIST.//
WITH IT WE VANQUISH THE ASSAULTS OF THE STRANGER.

HAVING YOUR CROSS AT ALL TIMES AS OUR HELP, O CHRIST,//
WE EASILY BREAK THE SNARES OF THE ENEMY.

To the martyrs

SINCE YOU HAVE BOLDNESS BEFORE THE SAVIOUR, O SAINTS,
PRAY UNCEASINGLY FOR US SINNERS, //
ENTREATING REMISSION FOR OUR TRANSGRESSIONS, AND GREAT MERCY FOR OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

WHEN THE ALL-PURE VIRGIN SAW YOU CRUCIFIED, O LOVER OF MANKIND,
SHE LAMENTED AND CRIED: WHAT IS THIS, O MY SON ?
WHAT REWARD HAVE THE GODLESS PEOPLE GIVEN YOU
FOR ALL THE GOOD YOU HAVE DONE TO THEM ?
AND WHY, O MY WELL-BELOVED,
DO THEY HASTEN TO MAKE ME CHILDLESS ?//
I MARVEL AT YOUR VOLUNTARY CRUCIFIXION, O COMPASSIONATE LORD.

WEDNESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

Of the Cross

BY YOUR PRECIOUS BLOOD,
YOU HAVE REDEEMED US FROM THE CURSE OF THE LAW.
BY BEING NAILED TO THE CROSS, AND PIERCED BY A SPEAR
YOU HAVE POURED FORTH IMMORTALITY FOR MANKIND.//
O OUR SAVIOUR: GLORY TO YOU.

V: Extol the Lord our God; worship at His footstool for He is holy.
COME QUICKLY TO OUR AID, O CHRIST OUR GOD,
BEFORE WE ARE ENSLAVED BY THE ENEMIES THAT BLASPHEME YOU, AND THREATEN US.
BY YOUR CROSS DESTROY THOSE WHO FIGHT AGAINST US,
THAT THEY MAY KNOW THE POWER OF THE ORTHODOX FAITH,//
THROUGH THE PRAYERS OF THE THEOTOKOS, O ONLY LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

O UNDEFILED VIRGIN, MOTHER OF CHRIST OUR GOD:
A SWORD PIERCED YOUR ALL-HOLY SOUL,
WHEN YOU BEHELD YOUR SON AND GOD FREELY CRUCIFIED.
O BLESSED AMONG WOMEN://
EVER PRAY THAT HE MAY GRANT US PARDON OF OUR SINS.

After the final reading from the Psalter:

SESSIONAL HYMN

Of the Cross

ON GOLGOTHA, O CHRIST, YOU HAVE RAISED ME UP AGAIN,
AFTER MY BITTER FALL IN PARADISE FROM THE RESENTFUL PURPOSE OF THE DESTROYER OF MANKIND.
YOU HAVE HEALED THE CURSE OF THE TREE THROUGH THE TREE,
KILLING THE SERPENT, WHO KILLED ME BY HIS GUILE,
AND GIVEN ME DIVINE LIFE.//
GLORY TO YOUR HOLY CRUCIFIXION, O LORD.

V: Blessed are those whom You have chosen and taken, O Lord.
YOUR HOLY MARTYRS, O LORD,
THROUGH THEIR SUFFERINGS, HAVE RECEIVED THEIR INCORRUPTIBLE CROWNS FROM YOU, OUR GOD.
FOR, HAVING YOUR STRENGTH THEY LAID LOW THEIR ADVERSARIES,

AND SHATTERED THE POWERLESS BOLDNESS OF DEMONS.//
THROUGH THEIR INTERCESSIONS, SAVE OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

THE EWE-LAMB AND VIRGIN,
AS SHE PONDERED THE SIGHT OF YOU,
THE POWERFUL ONE, HANGING UPON THE CROSS,
SPOKE WITH WEEPING AND LAMENTATION:
HOW INEFFABLE IS YOUR CONDESCENSION, O WORD.
SEE, HOW THE PEOPLE HAVE NOW JUDGED AND CONDEMNED YOU,
THE GOD, WHO SHALL COME TO JUDGE ALL CREATION.//
I SING THE PRAISES OF YOUR INEFFABLE MERCY.

APOSTIKHA

Of the Cross

MAY YOUR CROSS BE A WALL FOR US,
O JESUS OUR SAVIOUR;
FOR WE FAITHFUL HAVE NO OTHER HOPE THAN YOU, O LORD.
YOU WERE NAILED TO THIS CROSS IN THE FLESH,//
GRANTING US GREAT MERCY.

AS A SIGN FOR THOSE WHO FEAR YOU, O LORD,
YOU HAVE GIVEN YOUR PRECIOUS CROSS,
ON WHICH YOU TRIUMPHED OVER THE POWERS AND PRINCIPALITIES OF DARKNESS,
AND LED US TO THE ORIGINAL BLESSEDNESS.
SO, WE GLORIFY YOUR PROVIDENTIAL PLAN THAT IS FULL OF LOVE FOR MANKIND,//
O ALMIGHTY JESUS, THE SAVIOUR OF OUR SOULS.

To the martyrs

HOW SHALL WE MARVEL AT YOUR STRUGGLES, O HOLY MARTYRS ?
FOR, BEING CLOTHED IN A MORTAL BODY,
YOU DEFEATED THE BODILESS FOES.
THREATS OF TYRANTS DID NOT FRIGHTEN YOU;
ENCOUNTERS WITH TORTURE DID NOT STRIKE YOU DOWN.
IN TRUTH, YOU WORTHILY RECEIVED GLORY FROM CHRIST.//
BESEECH HIM ALSO TO GRANT OUR SOULS GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

WHEN YOUR MOTHER BEHELD YOU OUTSTRETCHED UPON THE CROSS,
FASTENED WITH NAILS; YOUR SIDE WOUNDED BY A SPEAR,
SHE LAMENTED, CRYING: WOE IS ME, DEAR CHILD.
HOW COULD THE EVIL PEOPLE HAVE SLAIN YOU,
THE ONE WHO GRANTS LIFE TO THOSE IN HADES ?
BUT QUICKLY ARISE,//
GIVING JOY TO THOSE WHOM YOU HAVE LOVED.

WEDNESDAY VESPERS:

LORD I CALL...

Stikhs to the apostles

O GLORIOUS APOSTLES:
SOLDIERS, WHO FOUGHT WITH THE PRUDENCE THAT IS MIGHTY STRENGTH:
YOU FORMED A UNITED FRONT AGAINST THE ENEMY,
AND, PUTTING ON THE FULL ARMOUR OF THE SPIRIT,
YOU DESTROYED ALL THE FORCES OF THE DEVIL,
WHO HAD STOLEN AS SPOILS THE SOULS OF MANKIND.//
THEREFORE, WE HONOUR YOU THROUGHOUT ALL AGES.

SPREADING OUT THE NET OF FAITH IN THE FORM OF THE CROSS, O CHRIST,
YOUR TWELVE APOSTLES CAUGHT ALL THE NATIONS,
DRAWING THEM TOWARDS KNOWLEDGE OF YOU.
THEY MADE THE SEA OF THE PASSIONS DRY.
THEREFORE, BY THEIR PRAYERS THAT ARE MOST PLEASING TO YOU,//
CALL ME FROM THE DEPTHS OF MY TRANSGRESSIONS, I PRAY.

TODAY, LET US PRAISE IN SONG
THE TWELVE APOSTLES, ELECT OF GOD:
PETER AND PAUL, JAMES, LUKE AND JOHN,
MATTHEW, THOMAS, MARK, SIMON AND PHILIP,
AND ANDREW, NOW GLORIFIED WITH WISE AND GODLY BARTHOLOMEW,//
AND THE REST OF THE SEVENTY APOSTLES.

Glory... Now and ever...

Theotokos Hymn

YOU CONTAINED THE UNCONTAINABLE GOD IN YOUR WOMB,
AND GAVE BIRTH TO THE SAVIOUR AND REDEEMER OF OUR SOULS:
DO NOT DESPISE ME, O PURE ONE, FOR I AM IN TRAVAIL;
HAVE MERCY ON ME,//
AND GUARD ME FROM ALL ENMITY, AND THE SNARES OF THE EVIL ONE.

APOSTIKHA

Stikhs to the Apostles

O CHRIST: BY THE HOLY SPIRIT YOU ENLIGHTENED THE CHOIR OF APOSTLES;
FOR THEIR SAKE WASH AWAY THE FILTH OF OUR SINS, O GOD,//
AND HAVE MERCY ON US.

THE HOLY SPIRIT LIFTED UP YOUR DISCIPLES, O CHRIST GOD,
REVEALING THE UNLEARNED TO BE TEACHERS.
AS THE ALL-POWERFUL ONE, YOU PUT AN END TO ERROR,//
BY THE HARMONY COMING FROM THE NOTES OF THE MANY TONGUES.

To the martyrs

O YOU MARTYRS OF THE LORD:
LIVING SACRIFICES, AND REASONABLE OFFERINGS;
PERFECT INCENSE BURNT TO GOD;
SHEEP THAT KNOW GOD, AND ARE KNOWN BY HIM,
INTO WHOSE FOLDS THE WOLVES CANNOT BREAK://
PRAY THAT WE MAY BE LED WITH YOU TO REST BESIDE THE STILL WATERS.

Glory... Now and ever...

Theotokos Hymn

DELIVER US FROM DANGER, O THEOTOKOS,
WHO GAVE BIRTH TO CHRIST, THE CREATOR OF ALL,
THAT WE MAY ALL CRY OUT TO YOU://
REJOICE, ONLY ADVOCATE FOR OUR SOULS.

THURSDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

Of the Apostles

YOU HAVE MADE YOUR DISCIPLES, O CHRIST,
AS LIGHTS SHINING TO THE END OF THE EARTH.
BY PREACHING YOU, THEY ILLUMINE OUR SOULS.
THROUGH THEM, YOU HAVE DARKENED THE ERROR OF IDOLATRY;
YOU HAVE ENLIGHTENED THE WORLD
WITH THE TEACHINGS OF TRUE FAITH.//
AT THEIR INTERCESSIONS, SAVE OUR SOULS.

V: Their voice has gone out into all the earth and their words to the ends of the universe.

JUST AS MOSES, O MASTER,
BY THE STRENGTH OF YOUR RIGHT HAND,
LED ISRAEL OUT OF BONDAGE THROUGH THE RED SEA,
AND DROWNED PHARAOH IN THE WAVES,
SO HAVE YOUR WISE DISCIPLES, BY THEIR MIRACLES,
FORCED A PASSAGE THROUGH THE SEA OF BITTER GODLESSNESS,
GUIDING THE PEOPLE TO YOU,//
WORD WITHOUT BEGINNING, AND THE ONLY LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

WE ACKNOWLEDGE THAT THE WORD OF THE FATHER, CHRIST OUR GOD,
HAS TAKEN FLESH FROM YOU, O VIRGIN THEOTOKOS.
YOU ALONE ARE PURE; YOU ALONE ARE BLESSED.//
THEREFORE, WE EVER SING YOUR PRAISES, AND WE MAGNIFY YOU.

After the final reading from the Psalter:

SESSIONAL HYMN

To St Nicholas

HASTEN, O FATHER NICHOLAS,
TO COME QUICKLY AND SAVE YOUR SERVANTS
FROM THE DANGERS AND AFFLICTIONS THAT COME UPON US SUDDENLY.
FOR, YOU HAVE BOLDNESS BEFORE THE MASTER AND GOD.
HASTEN TO THE SIDE OF THOSE WHO CALL ON YOU IN FAITH,//
GRANTING THEM NOW PROTECTION AND SHELTER.

V: Wonderful is God in His saints, the God of Israel.
ARMED WITH YOUR CROSS,
YOUR VICTORIOUS MARTYRS, O CHRIST OUR GOD,
DEFEATED THE SNARES OF THE ENEMY,
THE ONE FROM WHOM ALL EVIL COMES.
THEY SHONE LIKE BEACONS, GUIDING MORTALS;
THEY GRANT HEALING TO THOSE WHO ASK WITH FAITH.//
AT THEIR INTERCESSIONS, SAVE OUR SOULS.
Glory... Now and ever...

Theotokos Hymn

WE HAVE NO WAY TO PRAISE YOU WORTHILY, O THEOTOKOS,
FOR YOU ARE THE HEIGHT OF CREATION.//
WE BESEECH YOU TO GRANT US YOUR GRACIOUS MERCY.

APOSTIKHA

Stikhs of repentance

BY THE HOLY SPIRIT, YOU ENLIGHTENED THE CHOIR OF APOSTLES, O CHRIST;//
FOR THEIR SAKE, WASH AWAY THE FILTH OF OUR SINS, O GOD, AND HAVE MERCY ON US.

THE HOLY SPIRIT LIFTED UP YOUR DISCIPLES, O CHRIST GOD,
REVEALING THE UNLEARNED TO BE TEACHERS.
AS THE ALL-POWERFUL ONE, YOU PUT AN END TO ERROR,//
BY THE HARMONY COMING FROM THE NOTES OF THE MANY TONGUES.

To the martyrs

PRECIOUS IS THE DEATH OF YOUR SAINTS, O LORD,
FOR, AFFLICTED BY THE SWORD, FIRE AND FROST,
THEY SPILLED THEIR BLOOD, HAVING HOPE IN YOU,
TO RECEIVE THE WAGES OF THEIR LABOUR.//
THEY SUFFERED, O SAVIOUR, AND WON FROM YOU GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

O ONLY PURE AND UNDEFILED VIRGIN,
WHO INEFFABLY BROUGHT FORTH GOD IN THE FLESH://
INTERCEDE THAT OUR SOULS MAY BE SAVED.

THURSDAY VESPERS:

LORD I CALL...

Stikhs to the Cross

WHEN IT SAW YOU CRUCIFIED,
ALL CREATION STOOD AMAZED AND TREMBLED.
THE WHOLE EARTH WAS SHAKEN AND QUAKED, O FORBEARING WORD.
THE CURTAIN OF THE TEMPLE WAS TORN IN TWO
AT THE OUTRAGE DONE TO YOU.
THE ROCKS SPLIT WITH TERROR, AND THE SUN HID ITS RAYS,//
KNOWING YOU TO BE THE CREATOR.

WHEN YOUR SIDE, O MOST MERCIFUL LORD, WAS PIERCED WITH A LANCE,
THE ANCIENT RECORD AGAINST OUR FOREFATHER ADAM WAS TORN TO SHREDS.
THE OUTCAST NATURE OF MANKIND WAS MADE HOLY AGAIN,
BY THE SPRINKLING OF YOUR BLOOD.
NOW IT CRIES OUT TO YOU: GLORY TO YOUR CRUCIFIXION.//
GLORY TO YOUR POWER, O ALL POWERFUL JESUS, THE SAVIOUR OF OUR SOULS.

HOW DID THE LAWLESS ASSEMBLY DARE TO CONDEMN YOU,
THE IMMORTAL JUDGE WHO GAVE THE LAW TO THE GOD-SEER MOSES IN THE WILDERNESS ?
HOW COULD THEY LOOK WITHOUT FEAR AT THE LIFE OF ALL, KILLED ON THE CROSS ?
HOW DID IT NOT ENTER THEIR MINDS//
THAT YOU ARE THE ONLY GOD, AND MASTER OF CREATION ?

Glory... Now and ever...

Theotokos Hymn

WHEN YOUR VIRGIN MOTHER SAW YOU CRUCIFIED,
SHE CRIED OUT IN AMAZEMENT, AS SHE BEHELD YOU:
IS THIS HOW THEY REWARD YOU FOR THE MANY GIFTS YOU HAVE GIVEN THEM ?
BUT, I PRAY YOU, MY SON AND MY GOD,
DO NOT LEAVE ME ALONE, BUT HASTEN TO RISE AGAIN,//
RESURRECTING ADAM WITH YOURSELF.

APOSTIKHA

Stikhs to the Cross

YOU HAVE GIVEN US AN INVINCIBLE WEAPON IN YOUR CROSS, O CHRIST.//
WITH IT, WE VANQUISH THE ASSAULTS OF THE STRANGER.
HAVING YOUR CROSS AT ALL TIMES AS OUR HELP, O CHRIST,//
WE EASILY BREAK THE SNARES OF THE ENEMY.

To the martyrs

YOU ARE GLORIFIED IN THE MEMORY OF YOUR MARTYRS, O CHRIST. //
THEY ENTREAT YOU ON OUR BEHALF, O GOD, TO SEND DOWN ON US GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

O MOTHER: DO NOT MOURN FOR ME,
AS YOU BEHOLD UPON THE CROSS YOUR SON AND GOD,
WHO HUNG THE FORMLESS EARTH UPON THE WATERS,
AND FASHIONED ALL CREATION,
FOR I SHALL RISE AGAIN, AND SHALL BE GLORIFIED,
DESTROYING THE POWER OF THE KINGDOM OF HADES, AND CRUSHING ITS STRENGTH.//
I SHALL RELEASE FROM ITS WICKEDNESS THOSE IN BONDS.

FRIDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

Of the Cross

O SAVIOUR: YOUR OWN PEOPLE NAILED YOU TO THE CROSS.
THROUGH THIS CROSS, O LOVING LORD,
YOU HAVE CALLED THE GENTILES BACK TO YOU.
IN THE ABUNDANCE OF YOUR TENDER MERCIES,
YOU FREELY STRETCHED OUT YOUR HANDS ON IT,
AND CONSENTED THAT THE LANCE SHOULD PIERCE YOUR SIDE.//
O LONGSUFFERING LORD: GLORY TO YOU.

V: Extol the Lord our God; worship at His footstool for He is holy.

LOOKING NOW UPON YOUR MOST PURE CROSS
THAT IS THE LIGHT OF OUR SOULS, O CHRIST,
AND VENERATING IT WITH JOY, WE CRY ALOUD TO YOU:
GLORY TO YOU, WHOSE WILL IT WAS TO BE EXALTED ON IT.
GLORY TO YOU, FOR THROUGH THE CROSS YOU HAVE GRANTED LIGHT TO ALL CREATION. //
REJOICING IN THE CROSS, WE GLORIFY YOU WITH NEVER-ENDING HYMNS.

Glory... Now and ever...

Theotokos Hymn

WHEN YOUR ALL-PURE MOTHER SAW YOU, O WORD OF GOD,
RAISED UPON THE CROSS,
SHE CRIED WITH A MOTHER'S GRIEF:
WHAT IS THIS NEW AND STRANGE WONDER, O MY SON ?
HOW CAN YOU SUFFER DEATH, O LIFE OF ALL ?//
IT IS BECAUSE, IN YOUR COMPASSION, YOU WILL TO BRING THE DEAD TO LIFE.

After the final reading from the Psalter:

SESSIONAL HYMN

Of the Cross

IN YOUR BOUNDLESS MERCY, O GOOD LORD,
YOU HAVE ENDURED THE CROSS AND DEATH, AND UNJUST JUDGEMENT FOR US,
TO SET US FREE FROM CONDEMNATION, AND THE ANCESTRAL CURSE,
FOR WE WERE TRICKED INTO CORRUPTION.//
THEREFORE, WE VENERATE YOUR CRUCIFIXION, O WORD.

V: Blessed are those whom You have chosen and taken, O Lord.
THE SOLEMN FEAST OF THOSE WHO SUFFERED MARTYRDOM
HAS MADE THE CHURCH INTO AN EARTHLY HEAVEN,
AND THE ANGELS REJOICE WITH MANKIND.//
AT YOUR MARTYRS' INTERCESSIONS, O CHRIST OUR GOD, SAVE OUR SOULS.
Glory... Now and ever...

Theotokos Hymn

AS YOUR BLAMELESS MOTHER SAW YOU, O WORD OF GOD,
RAISED UPON THE CROSS,
SHE WEPT AS A MOTHER AND CRIED ALOUD:
WHAT IS THIS STRANGE AND TERRIBLE WONDER, O MY SON ?
HOW HAVE YOU, THE LIFE OF ALL, BECOME A COMPANION OF DEATH//
IN YOUR COMPASSIONATE DESIRE TO GIVE LIFE TO THE DEAD ?

APOSTIKHA

Of the Cross

MAY YOUR CROSS BE A WALL FOR US,
O JESUS OUR SAVIOUR;
FOR WE FAITHFUL HAVE NO OTHER HOPE THAN YOU, O LORD,//
WHO WERE NAILED TO THIS CROSS IN THE FLESH, AND GRANTED US GREAT MERCY.

AS A SIGN FOR THOSE WHO FEAR YOU, O LORD,
YOU HAVE GIVEN YOUR PRECIOUS CROSS,
ON WHICH YOU TRIUMPHED OVER THE PRINCIPALITIES AND POWERS OF DARKNESS,
AND LED US TO THE ORIGINAL BLESSEDNESS.
SO, WE GLORIFY YOUR PROVIDENTIAL PLAN, FILLED WITH LOVE FOR MANKIND,//
O ALMIGHTY JESUS, THE SAVIOUR OF OUR SOULS.

To the martyrs

WHO WILL NOT WONDER AT YOUR STRUGGLE, O HOLY MARTYRS ?
HOW, IN THE FLESH YOU DEFEATED THE BODILESS ENEMY.
YOU CONFESSED CHRIST, BEING ARMED WITH THE CROSS,
TRULY DRIVING THE DEMONS AWAY,
DEFEATING THE EVIL ONE.//
PRAY UNCEASINGLY THAT OUR SOULS MAY BE SAVED.

Glory... Now and ever...

Theotokos Hymn

WHEN THE VIRGIN, YOUR MOTHER,
SAW YOU HANGING ON THE CROSS, O LORD,
SHE WAS FILLED WITH FEAR AND AMAZEMENT,
AND LOOKING ON, SHE SAID: “O DEAREST SON,
HOW IS IT YOU WERE HUNG UPON THE WOOD OF THE CROSS, O LONGSUFFERING ONE ?
HOW IS IT, O WORD, THAT YOUR HANDS AND FEET
HAVE BEEN NAILED BY TRANSGRESSORS,//
AND THAT YOUR BLOOD HAS BEEN SPILLED, O MASTER ?”

FRIDAY EVENING:

LORD I CALL...

Stikhs to the martyrs

O MARTYRS OF THE LORD:
LIVING SACRIFICES, AND REASONABLE OFFERINGS;
PERFECT INCENSE BURNT TO GOD;
SHEEP THAT KNOW GOD, AND ARE KNOWN BY HIM,
INTO WHOSE FOLD THE WOLVES CANNOT BREAK.//
PRAY THAT WE MAY BE LED WITH YOU TO REST BESIDE THE STILL WATERS.

O LORD: PRECIOUS IS THE DEATH OF YOUR SAINTS,
THOSE WHO, WITH HUMBLE HEARTS, POURED OUT THEIR BLOOD BY SWORD AND FLAME,
PUTTING THEIR HOPE IN YOU,
THAT THEIR WORK MIGHT RECEIVE ITS REWARD.//
AND, IN PATIENCE, THEY INDEED RECEIVED GREAT MERCY FROM YOU, O SAVIOUR.

SINCE YOU HAVE BOLDNESS BEFORE THE SAVIOUR, O SAINTS,
PRAY UNCEASINGLY FOR US SINNERS,
ENTREATING REMISSION FOR OUR TRANSGRESSIONS,//
AND GREAT MERCY FOR OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

THE PROPHET DAVID WAS A FATHER OF THE LORD THROUGH YOU, O VIRGIN.
HE FORETOLD IN SONGS THE ONE WHO WORKED WONDERS IN YOU:
AT YOUR RIGHT HAND STOOD THE QUEEN, YOUR MOTHER, THE MEDIATRIX OF LIFE,
SINCE GOD WAS FREELY BORN OF HER WITHOUT A FATHER.
HE WANTED TO RENEW HIS FALLEN IMAGE, MADE CORRUPT IN PASSION,
SO HE TOOK THE LOST SHEEP UPON HIS SHOULDER,
AND BROUGHT IT TO HIS FATHER,
JOINING IT TO THE HEAVENLY POWERS.//
CHRIST, WHO HAS GREAT AND RICH MERCY, HAS SAVED THE WORLD, O THEOTOKOS.

APOSTIKHA

Stikhs to the martyrs:

YOU ARE GLORIFIED IN THE MEMORY OF YOUR SAINTS. //
MAY THEY ENTREAT YOU, CHRIST GOD, TO SEND US GREAT MERCY.

AS YOU ACCEPTED THE PATIENCE OF THE HOLY MARTYRS,
ACCEPT OUR SONG, O LOVER OF MANKIND,//
GRANTING US BY THEIR SUPPLICATIONS GREAT MERCY.

For the departed:

O SAVIOUR: GIVE REST WITH THE SOULS OF THE RIGHTEOUS,
TO THE SOULS OF YOUR DEPARTED SERVANTS,
PRESERVING THEM IN THE LIFE OF BLESSEDNESS,//
WHICH IS WITH YOU, O LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

O CANDLE, WHOSE LIGHT IS NEVER QUENCHED,
THRONE OF RIGHTEOUSNESS://
O MOST PURE LADY, PRAY THAT OUR SOULS MAY BE SAVED.

SATURDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

To the martyrs

YOUR HOLY MARTYRS, O LORD,
THROUGH THEIR SUFFERINGS, HAVE RECEIVED THEIR INCORRUPTIBLE CROWNS FROM YOU, OUR GOD.
FOR, HAVING YOUR STRENGTH THEY LAID LOW THEIR ADVERSARIES,
AND SHATTERED THE POWERLESS BOLDNESS OF DEMONS.//
THROUGH THEIR INTERCESSIONS, SAVE OUR SOULS.

V: **God is wonderful in His saints; the God of Israel.**

AS WITH FINE PORPHYRY AND ROYAL PURPLE,
YOUR CHURCH HAS BEEN ADORNED WITH YOUR MARTYRS' BLOOD SHED THROUGHOUT ALL THE WORLD.
SHE CRIES TO YOU, O CHRIST GOD:
SEND DOWN YOUR BOUNTIES ON YOUR PEOPLE,//
GRANT PEACE TO YOUR DOMINION, AND GREAT MERCY TO OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

THE MYSTERY, HIDDEN FROM ETERNITY,
AND UNKNOWN TO THE ANGELS,
IS MANIFEST TO THOSE ON EARTH THROUGH YOU, O THEOTOKOS:
GOD, BEING INCARNATE OF YOU BY UNION WITHOUT CONFUSION,
AND OF HIS OWN WILL FREELY ENDURING THE CROSS FOR US,
AND RAISING THE FIRST-FORMED MAN.//
HAS SAVED OUR SOULS FROM DEATH.

After the final reading from the Psalter:

SESSIONAL HYMN

For the departed

IN YOUR COMPASSION AND ALMIGHTY POWER, O CHRIST OUR GOD,
GIVE REST FROM THIS TEMPORARY LIFE TO THE SOULS YOU HAVE TAKEN TO YOURSELF.
IN PITY, FORGIVE WHAT THEY HAVE DONE;
HAVE MERCY ON THE WORK OF YOUR HANDS, O MERCIFUL LORD,//
THROUGH THE PRAYERS OF THE THEOTOKOS, O ONLY LOVER OF MANKIND.

V: **Blessed are those whom You have chosen and taken, O Lord.**

THOSE WHO LIVED IN FAITH HAVE PASSED THROUGH THIS TEMPORAL LIFE,
AND GONE TO YOU, THE COMPASSIONATE LORD.

SET THEM IN A PLACE ON HIGH;
PUT THEM AT YOUR RIGHT HAND ON THE DAY OF JUDGEMENT,//
PASSING OVER THE WRONG THEY HAVE DONE.

Glory... Now and ever...

Theotokos Hymn

O PURE VIRGIN BRIDE OF GOD:
YOU HAVE BEEN REVEALED AS THE MERCY SEAT OF THE FAITHFUL,
THEIR COMMON REFUGE AND ARDENT MEDIATOR.
THEREFORE, BECOME NOW AN INTERCESSOR FOR THOSE WHO DEPART TO GOD IN FAITH.//
BE A GATEWAY OF SALVATION FOR THEM, LEADING TO THE WIDE SPACES OF PARADISE.

APOSTIKHA

To the martyrs

WHO WILL NOT WONDER AT YOUR STRUGGLE,
O HOLY MARTYRS ?
HOW, IN THE FLESH, YOU DEFEATED THE BODILESS ENEMY.
YOU CONFESSED CHRIST, BEING ARMED WITH THE CROSS,
TRULY DRIVING THE DEMONS AWAY, DEFEATING THE EVIL ONE.//
PRAY UNCEASINGLY, THAT OUR SOULS MAY BE SAVED.

V: Blessed are those whom You have chosen and taken, O Lord.

For the departed

THE MYSTERY OF DEATH IS TERRIBLE INDEED.
HOW IS THE SOUL FORCIBLY PARTED FROM THE BODY ?
HOW IS THE HARMONY AND UNION BROKEN,
THE BOND OF NATURE SEVERED BY THE WILL OF GOD ?
THEREFORE, WE PRAY TO YOU:
GIVE REST TO THE DEPARTED IN THE DWELLINGS OF YOUR SAINTS,//
O GIVER OF LIFE, AND LOVER OF MANKIND.

V: Their memorial is from generation to generation.

DEATH BECAME ONLY A SLEEP FOR THOSE WHO BELIEVE IN YOU,
WHEN YOU, THE MASTER OF ALL, WERE LAID IN THE TOMB,
DESTROYING THE POWER OF DEATH, AND OVERTHROWING ITS LONG DOMINION.
THEREFORE, WE PRAY TO YOU:
GIVE REST TO THE DEPARTED IN THE DWELLINGS OF YOUR SAINTS,//
O GIVER OF LIFE, AND LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

ACCEPTING, O ALL-PURE VIRGIN, THE WORDS OF THOSE INSPIRED BY GOD,
WE BELIEVE YOU TO BE THE THEOTOKOS.
FOR, IN WAYS PAST UNDERSTANDING, YOU GAVE BIRTH TO GOD MADE FLESH,
WHO DELIVERED US FROM THE BONDAGE OF SIN.
PRAY NOW TO HIM, THAT HE MAY SHINE ON YOUR DEPARTED SERVANTS,//
WITH THE RADIANCE OF HIS LIGHT.

DAILY THEOTOKOS HYMNS:

SATURDAY & SUNDAY (*FRIDAY & SATURDAY EVENINGS*)

THE MYSTERY HIDDEN FROM ETERNITY,
AND UNKNOWN TO THE ANGELS,
IS MANIFESTED TO THOSE ON EARTH THROUGH YOU, O THEOTOKOS.
GOD, BEING INCARNATE OF YOU BY UNION WITHOUT CONFUSION,
AND OF HIS OWN WILL FREELY ENDURING THE CROSS FOR US,
AND RAISING THE FIRST-FORMED MAN,//
HAS SAVED OUR SOULS FROM DEATH.

MONDAY (*SUNDAY EVENING*)

BEING RAISED IN THE TEMPLE IN THE HOLY OF HOLIES,
YOU WERE ADORNED WITH FAITH AND WISDOM.
ATTAINING THE CROWN OF VIRGINITY,.
THE ARCHANGEL GABRIEL DELIVERED THESE HEAVENLY GREETINGS TO YOU:
REJOICE, REJOICE, O BLESSED ONE,
REJOICE, O ALL GLORIFIED ONE: //
THE LORD IS WITH YOU.

TUESDAY (*MONDAY EVENING*)

LET US, THE SINFUL AND UNWORTHY, FERVENTLY FLEE TO THE THEOTOKOS.
LET US FALL DOWN IN REPENTANCE, CRYING FROM THE DEPTHS OF OUR SOULS:
HELP US, AND HAVE MERCY ON US, O LADY.
HELP US, FOR WE ARE PERISHING FROM OUR MANY SINS.//
DO NOT TURN AWAY YOUR POOR SERVANTS, FOR YOU ARE OUR ONLY HOPE.

WEDNESDAY & FRIDAY (*TUESDAY & THURSDAY EVENINGS*)

O ALL BLAMELESS VIRGIN MOTHER OF CHRIST GOD:
YOUR MOST HOLY SOUL WAS PIERCED BY A SWORD
WHEN YOU BEHELD YOUR SON AND GOD WILLFULLY CRUCIFIED.
THEREFORE, NEVER CEASE TO PRAY TO HIM, O ALL BLESSED ONE,//
THAT HE MAY GRANT US REMISSION OF OUR SINS.

THUSDAY (*WEDNESDAY EVENING*)

THE WORD OF THE FATHER,
EVEN CHRIST OUR GOD,
WAS TRULY INCARNATE OF YOU, O VIRGIN THEOTOKOS,
THE ONLY PURE AND BLESSED ONE.//
THEREFORE, WE CEASELESSLY MAGNIFY YOU IN SONG.

MATINS DISMISSAL THEOTOKOS HYMNS:

MONDAY & THURSDAY MORNINGS:

WE HAVE NO WAY TO PRAISE YOU WORTHILY, O THEOTOKOS,
FOR YOU ARE THE HEIGHT OF CREATION.//
WE BESEECH YOU TO GRANT US YOUR GRACIOUS MERCY.

TUESDAY & SATURDAY MORNINGS:

WE CRY OUT AND MAGNIFY YOU, O THEOTOKOS:
YOU ARE THE UNCONSUMED BUSH IN WHICH MOSES SAW, AS A FLAME,//
THE FIRE OF DIVINITY.

WEDNESDAY & FRIDAY MORNINGS:

WE CRY OUT AND MAGNIFY YOU, O THEOTOKOS:
YOU ARE THE MOUNTAIN FROM WHICH THE STONE WAS INEFFABLY HEWN,//
WHICH DESTROYED THE GATES OF HADES.

TONE 5

SATURDAY VESPERS

LORD I CALL:

BY YOUR PRECIOUS CROSS, O CHRIST,
YOU HAVE PUT THE DEVIL TO SHAME.
BY YOUR RESURRECTION, YOU HAVE BLUNTED THE STING OF SIN,
AND SAVED US FROM THE GATES OF DEATH.//
WE GLORIFY YOU, THE ONLY BEGOTTEN ONE.

CHRIST WAS LED AS A SHEEP TO THE SLAUGHTER,
IN ORDER TO GRANT RESURRECTION TO THE HUMAN RACE.
THE PRINCES OF HADES WERE FRIGHTENED BY THIS,
FOR, THE GATES OF SORROW WERE LIFTED.
CHRIST, THE KING OF GLORY, HAD ENTERED,
SAYING TO THOSE IN CHAINS: GO FORTH,//
AND TO THOSE IN DARKNESS: COME TO THE LIGHT.

O GREAT WONDER.
THE CREATOR OF THE INVISIBLE SUFFERED IN THE FLESH, IN HIS LOVE FOR MANKIND,
AND ROSE AGAIN IMMORTAL.
COME, O SONS OF NATIONS, LET US WORSHIP HIM.
AND, DELIVERED FROM ERROR BY HIS COMPASSION,//
WE HAVE LEARNED TO SING OF ONE GOD IN THREE PERSONS.

The Anatolian stikhs

WE OFFER YOU OUR EVENING WORSHIP, O NEVER SETTING LIGHT,
WHO CAME IN THESE LAST DAYS TO THE WORLD IN THE FLESH;
WHO EVEN DESCENDED TO HADES TO DISPEL ITS DARKNESS.
YOU HAVE REVEALED THE LIGHT OF RESURRECTION TO THE NATIONS.//
GLORY TO YOU, O LORD AND GIVER OF LIGHT.

WE GLORIFY THE LEADER OF OUR SALVATION:
BY HIS RESURRECTION FROM THE DEAD,
THE WORLD WAS SAVED FROM DECEIT.
THE ASSEMBLY OF ANGELS REJOICES AS THE DECEIT OF DEMONS IS OVERTHROWN.//
FALLEN ADAM RISES, AS THE DEVIL FALLS.

THE GUARDS WERE INSTRUCTED BY THE LAWLESS ONES:
HIDE THE RISING OF CHRIST, TAKE MONEY AND SAY:
THE BODY WAS STOLEN FROM THE TOMB WHILE WE WERE ASLEEP.
BUT, WHO HAS HEARD OF A BODY BEING STOLEN —
A BODY EMBALMED AND NAKED,
WITH ITS GRAVE CLOTHES LEFT BEHIND IN THE TOMB ?
O PEOPLE: DO NOT BE DECEIVED,
STUDY THE WORDS OF THE PROPHETS, AND UNDERSTAND://
CHRIST IS THE REDEEMER OF THE WORLD, AND ALL POWERFUL.

O LORD: YOU HAVE CAPTURED HADES AND TRAMPLED ON DEATH;
YOU HAVE ENLIGHTENED THE WORLD BY YOUR PRECIOUS CROSS.//
O SAVIOUR: HAVE MERCY ON US.

3 stikhs from the menaion

Glory... Now and ever...

Theotokos Hymn

IN THE RED SEA OF OLD,
A TYPE OF THE VIRGIN BRIDE WAS PREFIGURED.
THERE, MOSES DIVIDED THE WATERS;
HERE, GABRIEL ASSISTED IN THE MIRACLE.
THERE, ISRAEL CROSSED THE SEA WITHOUT GETTING WET,
HERE, THE VIRGIN GAVE BIRTH TO CHRIST WITHOUT SEED.
AFTER ISRAEL'S PASSAGE, THE SEA REMAINED IMPASSIBLE;
AFTER EMMANUEL'S BIRTH, THE VIRGIN REMAINED A VIRGIN.
O EVER EXISTING GOD, WHO APPEARED AS MAN,//
O LORD: HAVE MERCY ON US.

APOSTIKHA:

WE MAGNIFY YOU IN SONGS OF PRAISE, O INCARNATE CHRIST AND SAVIOUR.
BY ACCEPTING THE CROSS AND DEATH FOR OUR SAKE,
AS THE LORD AND LOVER OF MANKIND,
YOU OVERTHREW THE GATES OF HADES,//
AND AROSE ON THE THIRD DAY, SAVING OUR SOULS.

V: The Lord is King; He is robed in majesty.

BY BEING PIERCED IN THE SIDE, O LOVER OF MANKIND,
YOU HAVE POURED OUT DROPS OF LIFE, AND SALVATION FOR ALL.
BY ACCEPTING DEATH IN THE FLESH, YOU HAVE GRANTED US IMMORTALITY.
YOU HAVE FREED US, BY BEING PLACED IN THE TOMB,
AND HAVE RESURRECTED US WITH YOURSELF IN GLORY, AS GOD.//
GLORY TO YOU, O LORD AND LOVER OF MANKIND.

V: For He has established the world, so that it shall never be moved.

YOUR CRUCIFIXION AND DESCENT INTO HADES ARE AWESOME, O LOVER OF MANKIND.
YOU HAVE CAPTURED IT, RELEASING THE ANCIENT PRISONERS.
YOU HAVE OPENED PARADISE, AND GIVEN IT TO US.
GRANT US PURIFICATION OF SINS,
WHO GLORIFY YOUR RESURRECTION ON THE THIRD DAY.
MAKE US WORTHY OF PARADISE//
AND SAVE US, O LOVER OF MANKIND.

V: Holiness befits Your house, Lord, forevermore.

FOR OUR SAKE, YOU ACCEPTED DEATH IN THE FLESH,
TO RISE FROM THE DEAD ON THE THIRD DAY.
HEAL US FROM OUR EARTHLY PASSIONS,
AND RESTORE US FROM OUR EVIL TRANSGRESSIONS;//
AND SAVE US, O LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

O MOST PRECIOUS VIRGIN:

YOU ARE THE GATE, THE TEMPLE,
THE PALACE, THE THRONE OF THE KING.
FROM YOU, MY REDEEMER, CHRIST THE LORD,
APPEARED TO THOSE ASLEEP IN DARKNESS.
HE IS THE SUN OF RIGHTEOUSNESS
WHO DESIRED TO ENLIGHTEN HIS IMAGE, WHOM HE HAD CREATED.
SINCE YOU POSSESS MOTHERLY BOLDNESS BEFORE HIM, O ALL PRAISED LADY,//
PRAY UNCEASINGLY THAT OUR SOULS MAY BE SAVED.

SUNDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN:

WE PRAISE THE CROSS OF THE LORD.
WE HONOUR HIS SACRED TOMB IN SONG.
WE GLORIFY THE RESURRECTION.
FOR, AS GOD, HE RAISED UP THE DEAD FROM THE TOMB,
STRIPPED DEATH OF ITS POWER, AND THE DEVIL OF HIS STRENGTH,//
AND SHONE LIGHT ON THOSE IN HADES.

V: Arise, O Lord my God, lift up Your hand; do not forget Your poor forever.
THEY CALLED YOU DEAD, O LORD,
WHO PUT DEATH TO DEATH.
THEY LAID IN A TOMB YOU THAT EMPTIED THE TOMB.
ABOVE, THE WATCH GUARDED THE SEPULCHRE,
WHILE BELOW, YOU WERE RAISING UP THE DEAD OF ALL AGES.//
GLORY TO YOU, ALMIGHTY AND INCOMPREHENSIBLE LORD.

Glory... Now and ever...

Theotokos Hymn

REJOICE, O SACRED MOUNTAIN WHERE GOD HAS WALKED.
REJOICE, LIVING BUSH UNCONSUMED BY FIRE.
REJOICE, ONLY BRIDGE BETWEEN THE WORLD AND GOD,
LEADING THE DEAD TO ETERNAL LIFE.
REJOICE, O UNDEFILED MAIDEN, THE SALVATION OF OUR SOULS,//
WHO GAVE BIRTH WITHOUT KNOWING A MAN.

After the final reading from the Psalter:

SESSIONAL HYMN:

AFTER YOUR RESURRECTION ON THE THIRD DAY,
WHEN THE APOSTLES HAD WORSHIPPED YOU,
PETER CALLED OUT TO YOU:
“THE WOMEN WENT OUT, WHILE I WAS AFRAID.
THE THIEF CONFESSED GOD, WHILE I DENIED HIM.
WILL YOU CONTINUE TO CALL ME A DISCIPLE ?
WILL YOU NOT MAKE ME AGAIN A FISHER OF THE SEA ?//
BUT ACCEPT ME, REPENTING, O GOD, AND SAVE ME.”

V: I will praise You, Lord, with my whole heart; I will speak of all Your marvellous works.

THE TRANSGRESSORS NAILED YOU IN THE MIDST OF THOSE CONDEMNED,
AND PIERCED YOUR SIDE WITH A LANCE, O MERCIFUL LORD.
YOU ACCEPTED THE TOMB, DESTROYING THE GATES OF HADES,
AND ROSE ON THE THIRD DAY.
THE WOMEN RAN TO SEE YOU AND ANNOUNCED YOUR RESURRECTION TO THE APOSTLES.
TO YOU BE GLORY, O LORD,//
THE HIGHLY EXALTED SAVIOUR, WHOSE PRAISES THE ANGELS SING.

Glory... Now and ever...

Theotokos Hymn

O UNWEDDED BRIDE, AND MOTHER OF GOD:
YOU HAVE TURNED THE GRIEF OF EVE TO JOY.
THE FAITHFUL SING YOUR PRAISES, AND VENERATE YOU,
BECAUSE YOU HAVE LED US AWAY FROM THE ANCIENT CURSE.
O RENOWNED, AND ALL-HOLY ONE://
EVER PRAY THAT WE MAY BE SAVED.

THE CANON:

ODE ONE:

FIRST CANON

IRMOS:

CHRIST BROKE THE BATTLE IN SUNDER
WITH HIS UPLIFTED ARM,
AND SHOOK HORSE AND RIDER INTO THE RED SEA
WHILE HE SAVED ISRAEL, WHO SANG A SONG OF VICTORY.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

The evil congregation did not have the love of a mother for You, O Christ, who gave them every good. They brought thorns to crown You, Who loosed our first ancestor from the punishment of thorns and thistles.

You bent down to the pit, O Giver of Life, without danger of falling. You raised me up from there, bearing with my evil-smelling corruption, O Christ, while You remained untouched, making me fragrant with the myrrh of Your divine nature.

R: O MOST HOLY THEOTOKOS: SAVE US.

The curse is lifted; sorrow has ceased. O Blessed One, full of grace, you caused joy to spring up for the faithful, for Christ blossomed forth from you, our blessing for eternity.

SECOND CANON

IRMOS:

GOD THE SAVIOUR LED HIS PEOPLE THROUGH THE SEA
AS IF ON DRY GROUND,
OVERTHROWING ALL THE HOST OF PHARAOH IN THE DEEP.
LET US SING TO HIM ALONE,
FOR HE IS GLORIFIED.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

Nailed of His own will to the Cross in the flesh, He set free from the ancient curse the one who fell through a tree. Let us sing to Him alone, for He is glorified.

Christ, who was dead and rose from the grave, raised up fallen mankind, giving him beauty, seating him with the Father. Let us sing to Him alone, for He is glorified.

Theotokos Hymn

O Most pure Theotokos: pray without ceasing to the God made flesh of you without ever leaving the bosom of the Father, that He may save those He has formed from all adversity.

ODE THREE:

FIRST CANON

IRMOS:

YOU ESTABLISHED THE EARTH UPON NOTHING
BY YOUR COMMAND,
HOLDING UP THE IMMEASURABLE BULK OF ITS WEIGHT.
ESTABLISH YOUR CHURCH ON THE UNSHAKEABLE ROCK OF YOUR COMMANDMENTS, O CHRIST,
FOR YOU ALONE ARE GOOD, AND THE LOVER OF MANKIND.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

Those who sucked honey from the rock in the wilderness brought You gall, O Christ, for Your wonders. The thankless children of Israel gave You vinegar in return for Your blessing of manna.

Those who were shaded by a shining cloud in days of old, have covered Christ the Life in a tomb. But, rising by His own power, He grants the radiance of the Spirit to all the faithful, overshadowing them from above.

Theotokos Hymn

As a Virgin, without the pains of a Mother, you bore the Radiance of the perfect Father, O Mother of God. Therefore, since you conceived the Word made flesh, we proclaim you in the Orthodox manner to be the Theotokos.

SECOND CANON

IRMOS:

BY THE POWER OF THE CROSS, O CHRIST
STRENGTHEN MY MIND,
THAT I MAY PRAISE AND GLORIFY YOUR VOLUNTARY CRUCIFIXION.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

You rose from the tomb, O Christ, the Giver of Life, and saved from the corruption of death those who sing the praises of Your voluntary Crucifixion.

The myrrhbearers hastened to anoint Your body, O Christ, but not finding it, they returned to sing the praises of Your rising.

Theotokos Hymn

O Pure One, pray without ceasing, to the One made flesh of your womb, that He may deliver from the deceit of the devil, those who sing your praises, O pure Virgin.

ODE FOUR:

FIRST CANON

IRMOS:

UNDERSTANDING YOUR DIVINE EMPTYING, O CHRIST,
HABAKKUK CRIED OUT TO YOU IN PROPHETIC FEAR:
YOU HAVE COME FOR THE SALVATION OF YOUR PEOPLE,
AND TO SAVE YOUR ANOINTED.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

You sweetened the very bitter streams of Marah with the wood, O Good One, prefiguring in an image, Your immaculate Cross, which deadened the bitter taste of sin.

You received a Cross in place of the tree of knowledge, and gall for sweetness, O my Saviour, shedding Your divine blood for the corruption of death.

Theotokos Hymn

Without the union of flesh, you incorruptibly conceived in your womb, bearing God in the flesh: a Child without pain, remaining a Virgin after giving birth.

SECOND CANON

IRMOS:

I HAVE HEARD THE REPORT OF YOUR DOMINION, O LORD,

AND I GLORIFY YOUR INCOMPREHENSIBLE POWER, O LOVER OF MANKIND.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

When the Cross was fixed in the earth on the place of the skull, the age-old bolts and bars were shattered. The gatekeepers cried aloud: "Glory to Your power, O Lord."

When the Saviour descended as dead to those held in bonds, the dead from all the ages rose up with Him, and cried aloud: "Glory to Your power, O Lord."

Theotokos Hymn

The Virgin bore a child without the pains of motherhood; she is a Mother, yet remains a Virgin. We sing her praises, and cry out: Rejoice, O Theotokos.

ODE FIVE:

FIRST CANON

IRMOS:

I RISE EARLY AND CRY OUT TO YOU,
FOR YOU ARE CLOTHED WITH LIGHT AS WITH A GARMENT:
ENLIGHTEN MY DARKENED SOUL, ONLY COMPASSIONATE CHRIST.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

In dishonour and inglorious form, the Lord of glory hung of His own will upon the Cross, ineffably gaining divine glory for me.

You, O Christ, have made me change my clothing for the garment of incorruption, for You tasted the corruption of death in the flesh, yet were not affected by decay, and on the third day, You rose from the tomb.

Theotokos Hymn

Without seed, O Theotokos, you bore Christ, our Righteousness and Redemption, freeing the nature of our first father from the curse.

SECOND CANON

IRMOS:

WE RISE IN THE EARLY DAWN AND CRY OUT TO YOU:
SAVE US, O LORD,
FOR YOU ARE OUR GOD, AND WE KNOW NO OTHER THAN YOU.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

O Saviour and Lover of mankind, with Your hands spread out upon the Wood, You called us all back to Yourself.

You despoiled Hades, O our Saviour, by descending to the tomb, and by Your

Resurrection, You filled all things with joy.

Theotokos Hymn

We praise you, O Theotokos, Virgin after childbearing, for you brought forth into the world God the Word made flesh.

ODE SIX:

FIRST CANON

IRMOS:

CALM THE SOUL-DESTROYING WAVES
OF THE RAGING SEA OF PASSIONS, O MASTER CHRIST,
AND LEAD ME UP FROM CORRUPTION, O COMPASSIONATE ONE.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

Our first ancestor fell into corruption, O Master Christ, by tasting forbidden fruit. He was brought back to life by Your Passion.

O Life: You descended to Hades, and became corruption to the corruption, O Master Christ: through corruption You became the Fount of Resurrection.

Theotokos Hymn

The Virgin bore a child, and in bearing, remained undefiled: the truly Virgin Mother who held in her arms the One who upholds all creation.

SECOND CANON

IRMOS:

THE UNFATHOMABLE DEPTHS SURROUNDED ME;
THE SEA MONSTER BECAME MY TOMB.
I CRIED OUT TO YOU, O LOVER OF MANKIND,
AND YOUR RIGHT HAND SAVED ME, O LORD.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

You stretched out Your hands on the life-bearing Cross, gathering the whole company of Your scattered peoples, O Christ our God, and the Lover of mankind.

You despoiled Hades and shattered its gates while Adam, the freed prisoner, cried out to You: "Your right hand has saved me, O Lord."

Theotokos Hymn

We rightly glorify you, O Mary, the mountain and bush unconsumed, the living ladder and the gate of heaven, pride of the Orthodox.

R: O MOST HOLY THEOTOKOS, SAVE US.

The Source of all, who grants being to all, had a source in you when He took our flesh, O all-immaculate Mother of God.

We know you, O immaculate Lady, to be a fountain of healing flowing for those who run to the shelter of your well-known protection.

You bore the Giver of Life for us, the cause of salvation Who grants eternal redemption to those who proclaim you in truth to be the Theotokos.

KONTAK:

YOU DESCENDED INTO HADES, O MY SAVIOUR,
SHATTERING ITS GATES AS ALMIGHTY;
RESURRECTING THE DEAD AS CREATOR,
AND DESTROYING THE STING OF DEATH,
YOU HAVE DELIVERED ADAM FROM THE CURSE, O LOVER OF MANKIND,//
AND WE ALL CRY OUT TO YOU: O LORD, SAVE US.

IKOS:
Hearing the words of the angel, the women laid aside their lamentations, and with awe and joy beheld the Resurrection. Christ drew near them and said: Rejoice. Take courage, for I have overcome the world and set the prisoners free. Go quickly to the disciples and say: I go before you into Galilee to proclaim the good news,//
AND WE ALL CRY OUT TO YOU: O LORD, SAVE US.

ODE SEVEN:

FIRST CANON

IRMOS:
THE MOST HIGH LORD OF OUR FATHERS
SPRINKLED THE CHILDREN WITH DEW,
AND PUT OUT THE FLAMES AS THEY SANG WITH ONE ACCORD:
BLESSED ARE YOU, O GOD.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
Clothed with flesh as a baited hook, You brought down the serpent by Your divine power, leading up those who cried aloud: Blessed are You, O God.

The uncontainable One who brought the boundless universe into being was contained in the flesh in a grave, and we all sing out to Him: Blessed are You, O God.

Theotokos Hymn

You brought forth God Incarnate, O all holy One, one Person in two natures. And we all sing out to Him: Blessed are You, O God.

SECOND CANON

IRMOS:
IN THE FIERY FURNACE YOU SAVED THE CHILDREN
WHO SANG YOUR PRAISES:
BLESSED IS THE GOD OF OUR FATHERS.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
He undid the deceit of idolatry through the Wood of the Cross: Blessed is the God of our fathers.

He arose from the dead raising with Himself those in Hades: Blessed is the God of our fathers.

Theotokos Hymn

He was born of a Virgin, declaring her to be the Theotokos: Blessed is the God of our fathers.

ODE EIGHT: *May be sung as stikhs on the Song of the Three Children*

FIRST CANON

IRMOS:
THE CHILDREN IN THE FURNACE
WOVE A SONG OF ALL CREATION FOR YOU,
SINGING TO THE CREATOR OF ALL:
ALL YOU WORKS OF THE LORD, BLESS THE LORD;
SING PRAISE TO HIM AND HIGHLY EXALT HIM FOREVER.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
You prayed that the voluntary cup of the redeeming Passion be removed as if it were against Your will: for You bear two wills according to Your two natures, O Christ, forever.

At Your descent, O Creator of all, Hades was made a mockery, giving up all those who had been killed by deceit in days of old, and who now exalt You, O Christ, forever.

Theotokos Hymn

O Virgin: beyond all thought, by the Word, you bore the Lord as God and man, while remaining Virgin. We, the works of the Lord, bless you and highly exalt you forever.

SECOND CANON

IRMOS:
BEGOTTEN OF THE FATHER BEFORE ALL AGES, THE SON AND GOD,
IN THESE LAST TIMES MADE FLESH OF A VIRGIN MOTHER:
SING HIS PRAISE, O PRIESTS,
AND HIGHLY EXALT HIM, O PEOPLE, THROUGHOUT ALL THE AGES.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
Christ our God willingly stretched out His hands on the Cross, breaking the bonds of death. Sing His praise, O priests, and highly exalt Him, O people, throughout all the ages.

Coming forth as a Bridegroom from the tomb, Christ our God appeared to the myrrhbearing women, and He brought them the greetings of joy. Sing His praise, O priests, and highly exalt Him, O people, throughout all the ages.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.

Theotokos Hymn

You are revealed as higher than the cherubim, O pure Theotokos, having carried in your womb the One who was borne upon them. With these bodiless ones, we mortals praise Him throughout all the ages.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

THE MAGNIFICAT IS SUNG

ODE NINE:

FIRST CANON

IRMOS:
REJOICE, O ISAIAH.
A VIRGIN IS WITH CHILD,
AND SHALL BEAR A SON EMMANUEL;
HE IS BOTH GOD AND MAN,
AND ORIENT IS HIS NAME,
WHOM MAGNIFYING, WE CALL THE VIRGIN BLESSED.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
You took upon Yourself fallen mankind, O Master Christ, wholly joined to him in a virgin womb, yet You alone had no share in sin, and by Your pure Passion, You wholly freed him from corruption.

By the emptying of Your divinely flowing blood, O Master Christ, from Your pure and life-giving side, the sacrifices of idolatry ceased, while all the earth offers You the sacrifice of praise.

Theotokos Hymn

The pure and holy Maiden did not bring forth a bodiless God, nor just a man, but perfect man and perfect God in truth, Whom we magnify with the Father and the Spirit.

SECOND CANON

IRMOS:

BEYOND ALL THOUGHT AND WORDS, O THEOTOKOS,
YOU BROUGHT FORTH INEFFABLY IN TIME THE TIMELESS ONE.
WE FAITHFUL MAGNIFY YOU WITH ONE ACCORD.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

You accepted suffering on the Cross, by Your death destroying the power of Hades: we faithful magnify You in Orthodoxy.

You rose from the grave on the third day, despoiling Hades, and enlightening the world. We faithful magnify You with one accord.

Theotokos Hymn

Rejoice, O Theotokos, Mother of Christ our God. Pray to the One who was conceived in you to grant forgiveness of sins to those who sing to you in faith.

THE PRAISES:

YOU CAME FORTH FROM THE GRAVE, O LORD,
WHICH HAD BEEN SEALED BY THE TRANSGRESSORS OF THE LAW,
JUST AS YOU WERE BORN OF THE THEOTOKOS.
THE BODILESS ANGELS DID NOT KNOW HOW YOU WERE INCARNATE;
THE SOLDIERS DID NOT SEE THE MOMENT OF YOUR RESURRECTION.
THESE TWO MARVELS WERE CONCEALED FROM CURIOUS MINDS,
BUT WERE REVEALED TO THOSE WHO WORSHIPPED THE MYSTERY IN FAITH.//
THEREFORE, GRANT US JOY AND GREAT MERCY, AS WE OFFER YOU PRAISE.

O LORD: YOU DEMOLISHED THE GATES OF EVERLASTING HADES,
AND BROKE IN SUNDER THE CHAINS OF THE GRAVE.
YOU ROSE FROM THE TOMB, LEAVING YOUR WRAPPINGS IN THE GRAVE,
AS WITNESS OF YOUR THREE-DAY BURIAL.
LEAVING THE GUARDS WATCHING AT THE TOMB,
YOU WENT BEFORE YOUR DISCIPLES INTO GALILEE.
GREAT IS YOUR MERCY, O INCOMPREHENSIBLE LORD,//
O SAVIOUR: HAVE MERCY ON US.

O LORD, WHO SUFFERED FOR US:
THE WOMEN HASTENED TO YOUR TOMB TO BEHOLD YOU.
WHEN THEY ARRIVED, THEY SAW AN ANGEL SITTING ON THE STONE OF THE GRAVE.
HE SAID TO THEM: THE LORD IS RISEN.
GO, AND TELL THE DISCIPLES: //
THE SAVIOUR OF OUR SOULS IS RISEN FROM THE DEAD.

O LORD AND SAVIOUR:
YOU CAME INTO THE MIDST OF YOUR DISCIPLES, ALTHOUGH THE DOORS WERE SHUT,
JUST AS YOU CAME FROM THE SEALED TOMB,
SHOWING THE SUFFERINGS OF THE FLESH, WHICH YOU ACCEPTED;
FOR YOU SUBMITTED TO PATIENT SUFFERING, AS THE SEED OF DAVID.
BUT AS THE SON OF GOD, YOU SAVED THE WORLD.
GREAT IS YOUR MERCY, O INCOMPREHENSIBLE LORD.//
O SAVIOUR: HAVE MERCY ON US.

The Anatolian stikhs

O LORD, THE KING OF AGES, AND CREATOR OF ALL:

YOU ACCEPTED CRUCIFIXION AND BURIAL IN THE BODY FOR OUR SAKES,
TO DELIVER US ALL FROM HADES.//
YOU ARE OUR GOD, AND WE KNOW NO OTHER THAN YOU.

O LORD GOD: WHO SHALL PROCLAIM YOUR RADIANT WONDERS,
OR DECLARE YOUR DIVINE MYSTERIES ?
FOR, YOU WERE WILLINGLY INCARNATE FOR OUR SAKES,
MANIFESTING THE MIGHT OF YOUR POWER.
BY YOUR CROSS, YOU OPENED PARADISE TO THE THIEF,
BY YOUR DEATH, YOU CRUSHED THE BARS AND BOLTS OF HADES.
BY YOUR RESURRECTION, YOU ENRICHED ALL CREATION.//
GLORY TO YOU, O COMPASSIONATE ONE.

EARLY IN THE MORNING,
THE MYRRHBEARING WOMEN REACHED YOUR TOMB,
SEEKING TO ANOINT YOU, O IMMORTAL WORD.
INSTRUCTED BY THE WORDS OF THE ANGEL,
THEY TURNED BACK WITH JOY
TO TELL THE APOSTLES CLEARLY THAT YOU HAD RISEN, O LIFE OF ALL,//
GRANTING THE WORLD FORGIVENESS, AND GREAT MERCY.

THIRD CANON, TO THE THEOTOKOS

ODE THREE:

IRMOS:
YOU ESTABLISHED THE EARTH UPON NOTHING BY YOUR COMMAND,
HOLDING UP THE IMMEASURABLE BULK OF ITS WEIGHT.
ESTABLISH YOUR CHURCH ON THE UNSHAKEABLE ROCK OF YOUR
COMMANDMENTS, O CHRIST,
FOR YOU ALONE ARE GOOD, AND THE LOVER OF MANKIND.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
You are now clearly seen by all, O holy Virgin, to be the ladder on which the Most High descended to amend our corrupted nature; for through you, the supremely Good One was pleased to dwell in the world.

The mystery foreseen in the past, foreknown before the ages by the all-knowing God, O Virgin, has been made manifest in these last days fulfilled within your womb, O spotless One.

The sentence of the ancient curse is abolished by your mediation, O pure Virgin. For the Lord is seen in you, only boast of mortal nature, pouring out His blessing on all, as the One supremely good.

ODE FOUR:

IRMOS:
UNDERSTANDING YOUR DIVINE EMPTYING, O CHRIST,
HABAKKUK CRIED OUT TO YOU IN PROPHETIC FEAR:
YOU HAVE COME FOR THE SALVATION OF YOUR PEOPLE,
AND TO SAVE YOUR ANOINTED.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
Confessing you most reverently with heart and soul and mouth to be truly the pure Theotokos, I reap the harvest of salvation, and am saved by your intercessions, O Virgin.

The Giver of all good, Who created the whole universe from nothingness, was pleased to be fashioned from you, O immaculate One, for the salvation of those who sing your praises in faith and love, O pure Virgin.

The choirs beyond the world hymn your childbearing, O spotless One, and they rejoice

in the salvation of those who know you to be truly the Theotokos.
Isaiah named you the shoot from which Christ God blossomed, the well-ripened fruit for the salvation of us who run to your protection with faith and love.

ODE FIVE:

IRMOS:
I RISE EARLY AND CRY OUT TO YOU,
FOR YOU ARE CLOTHED WITH LIGHT AS WITH A GARMENT:
ENLIGHTEN MY DARKENED SOUL, O ONLY COMPASSIONATE CHRIST.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
All the prophets proclaimed that you would be the Mother of God, O most holy Theotokos, for you alone were found to be wholly without blemish, O pure One.

We acknowledge you, O holy One, to be a shining cloud, which rained Christ, the living water, on us in our despair — the rain of incorruption.

O Beloved One, wholly beautiful and undefiled, you were close to God and sealed by virginity, and the all-compassionate One made His dwelling in you.

ODE SIX:

IRMOS:
CALM THE SOUL-DESTROYING WAVES
OF THE RAGING SEA OF PASSIONS, O MASTER CHRIST,
AND LEAD ME UP FROM CORRUPTION, O COMPASSIONATE ONE.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
The Source of all, who grants being to all had a source in you when He took our flesh, O all-immaculate Mother of God.

We know you, O immaculate Lady to be a fountain of healing flowing for those who run to the shelter of your well-known protection.

You bore the Giver of Life for us, the cause of salvation, Who grants eternal redemption to those who proclaim you in truth to be the Theotokos.

ODE SEVEN:

IRMOS:
THE MOST HIGH LORD OF OUR FATHERS
SPRINKLED THE CHILDREN WITH DEW,
AND PUT OUT THE FLAMES AS THEY SANG WITH ONE ACCORD:
BLESSED ARE YOU, O GOD.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
The infinite, O only-blessed One, while remaining unchanged, was joined to flesh as a person in you, for He is compassionate, and the only-blessed One.

We glorify you with one voice, O Lady Theotokos, the all-spotless bride and throne of your Creator; and we all sing out to Him: Blessed are You, O God.

Sanctified by the Spirit, O pure Virgin, you became the Mother of the Lord of all and your Creator; and we all sing out to Him: Blessed are You, O God.

The Lord who clothed Himself in a garment of flesh taken from you, O pure Virgin, brought me salvation and we all sing out to Him: Blessed are You, O God.

ODE EIGHT:

IRMOS:
THE CHILDREN IN THE FURNACE
WOVE A SONG OF ALL CREATION FOR YOU,
SINGING TO THE CREATOR OF ALL:
ALL YOU WORKS OF THE LORD, BLESS THE LORD;
SING PRAISE TO HIM AND HIGHLY EXALT HIM FOREVER.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
Now the grief of our first parents has ceased, for joy has come forth from you, Mother of God. So we ever sing praise to you, O Virgin, and highly exalt you forever.

Standing in loving desire as one choir with us, the bodiless hosts sing your incomprehensible childbearing, and with us, they highly exalt it forever.

The Lord of all came forth from you, O Maiden: a shining stream of immortality, washing away the stains and filth of those who sing to you in faith, and highly exalt you

forever.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.

O Virgin: we confess you to be the holy and light-bearing throne, and the seat of grace, for you received the Word of the Father, Whom we highly exalt forever.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

ODE NINE:

IRMOS:
REJOICE, O ISAIAH.
A VIRGIN IS WITH CHILD,
AND SHALL BEAR A SON EMMANUEL,
HE IS BOTH GOD AND MAN.
AND ORIENT IS HIS NAME.
WHOM MAGNIFYING, WE CALL THE VIRGIN BLESSED.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
O Ever-Virgin Theotokos: flesh was fashioned for the Creator of all, past nature, with mind and soul, from your pure blood, without seed, and not from man: the only-begotten Son of the Father.

O All-holy Virgin Mother: by giving birth in truth and beyond understanding to eternal Life in the flesh, you stood over the ungovernable assault of death, and Hades, attacking with bitter jaws, was destroyed.

Your Son, sitting on His royal throne, arrayed you in a garment of gold, brilliant with the adornment of divine virtues, standing at His right hand, bringing you fitting honours as His Mother, O all-immaculate One.

SUNDAY VESPERS:

LORD I CALL:

Stikhs of repentance

I WEEP IN BITTER GLOOM,
SEEING THE DREAD VENGEANCE SPOKEN OF IN THE SCRIPTURES,
FOR MY DEEDS ARE WITHOUT DEFENCE OR REASON.
THEREFORE, CONDEMNED, I PRAY TO YOU:
BEFORE I MEET AN END IN DISASTER,
BEFORE DEATH EMBRACES ME,
BEFORE THE FEARFUL JUDGEMENT,
BEFORE THE SENTENCE WHICH WOULD TAKE ME TO THE UNQUENCHABLE FLAMES,
WHERE THERE IS DARKNESS, WORMS, AND GNASHING OF TEETH,
WHERE THOSE WHO HAVE SINNED ARE CONSUMED,
DELIVER ME FROM MY SINS, O CHRIST,//
AND GRANT ME GREAT MERCY.

REJECTING YOUR COMMANDS, O GOD MY CREATOR,
I HAVE TURNED ASIDE FROM YOUR LAWS AND SCRIPTURES.
HOW THEN CAN I, CONDEMNED, ESCAPE THE TORMENTS WHICH AWAIT ME ?
GRANT ME FORGIVENESS BEFORE I DIE, O SAVIOUR:
A MIST OF TEARS AND TRUE HUMILITY,
AND AS OUR GOOD GOD, DRIVE FAR FROM ME THE RANKS OF DEVILS,
WHO WOULD DRAG ME TO THE EDGE OF HADES.//
I PRAY YOU, DO NOT TAKE YOUR ALMIGHTY HAND FROM ME.

MY MIND IS DARKENED; I AM FAR FROM YOU.
I HAVE BECOME A SLAVE TO SIN,
SURRENDERING MYSELF TO SERVING THE PASSIONS THAT LIVE IN MY FLESH.
NOW I AM CONDEMNED, AND I AWAIT MY PASSING FROM THIS LIFE,
AND THE TORMENTS WHICH SEEK ME.
WOE IS ME. GRANT ME TO REPENT IN TEARS, O GOOD MASTER.
FORGIVE MY COUNTLESS SINS.//
IN FAITH, I PRAY TO YOU, THAT GRANTED THE WORLD GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

YOU WERE, INDEED, A THRONE LIKE THE CHERUBIM,
HIGHER THAN THE HIGHEST ANGELS,
FOR THE WORD OF GOD DWELT IN YOU, O PURE LADY,

IN HIS DESIRE TO RENEW OUR IMAGE.
BEARING OUR FLESH, HE CAME FORTH FROM YOU,
AND AS GOD, IN HIS GOODNESS HE ENDURED SUFFERING, AND THE CROSS
FOR US,
GRANTING US THE RESURRECTION.
THEREFORE, LET US GIVE THANKS TO OUR CREATOR,
WHO RESTORED OUR CONDEMNED NATURE,
AND PRAY THAT, BY YOUR PRAYERS, HE MAY FORGIVE OUR
TRANSGRESSIONS,//
AND GRANT US GREAT MERCY.

APOSTIKHA:

Stikhs of repentance

O LORD: I DO NOT CEASE MY SIN;
I DO NOT COMPREHEND YOUR LOVE FOR MANKIND, O ONLY GOOD ONE.
BUT, OVERCOME MY BLINDNESS,//
AND HAVE MERCY ON ME.

O LORD: EVEN THOUGH I FEAR YOU,
I DO NOT CEASE TO DO EVIL.
WHO, AT JUDGEMENT, DOES NOT FEAR THE JUDGE ?
OR WHO, DESIRING HEALING, CHASES AWAY THE PHYSICIAN, AS I DO ?
HAVE COMPASSION ON MY INFIRMITY,//
AND HAVE MERCY ON ME, O PATIENT LORD.

To the martyrs

NOT REJOICING IN EARTHLY THINGS,
GOING FORTH TO TORTURES BRAVELY,
YOU, O ALL-LAUDABLE MARTYRS, DID NOT FAIL IN YOUR BLESSED HOPES.
SINCE NOW, YOU HAVE BOLDNESS BEFORE GOD, THE LOVER OF MANKIND,
ENTREAT PEACE FOR THE WORLD,//
AND FOR OUR SOULS, GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

HOW AWESOME AND GLORIOUS IS THE GREAT MYSTERY.
A WOMB CONTAINS THE UNCONTAINABLE.
A MOTHER GIVES BIRTH AND REMAINS A VIRGIN,
FOR GOD WAS BORN FROM HER, BECOMING INCARNATE.
WITH THE ANGELS, LET US SING THIS SONG TO HIM:
HOLY ARE YOU, O CHRIST OUR GOD,//
WHO TOOK FLESH FOR OUR SAKE. GLORY TO YOU.

SUNDAY
HYMNS

TROPAR

LET US, THE FAITHFUL, PRAISE AND WORSHIP THE WORD,
CO-ETERNAL WITH THE FATHER AND THE SPIRIT,
BORN FOR OUR SALVATION FROM THE VIRGIN;
FOR, HE WILLED TO BE LIFTED UP ON THE CROSS IN THE FLESH,
TO ENDURE DEATH,
AND TO RAISE THE DEAD,//
BY HIS GLORIOUS RESURRECTION.

KONTAK

YOU DESCENDED INTO HADES, O MY SAVIOUR,
SHATTERING ITS GATES AS ALMIGHTY;
RESURRECTING THE DEAD AS CREATOR,
AND DESTROYING THE STING OF DEATH,
YOU HAVE DELIVERED ADAM FROM THE CURSE, O LOVER OF MANKIND,//
AND WE ALL CRY OUT TO YOU: O LORD, SAVE US.

Theotokos Hymn

REJOICE, O GATE OF THE LORD, WHICH NO ONE CAN FORCE.
REJOICE, O RAMPART AND SHELTER OF THOSE, WHO COME TO YOU.
REJOICE, O UNDISTURBED HAVEN, THAT NEVER KNEW MAN.
SINCE YOU GAVE BIRTH IN THE FLESH TO YOUR MAKER AND GOD,
NEVER CEASE TO INTERCEDE FOR THOSE,//
WHO SING A HYMN OF PRAISE TO YOUR SON, AND WORSHIP HIM.

MONDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN:

Of repentance

WHEN THE JUDGE TAKES HIS SEAT, AND THE ANGELS STAND BESIDE HIM,
WHEN THE TRUMPET SOUNDS, AND THE FLAMES ARE BURNING,
WHAT WILL YOU DO, O MY SOUL,
AS YOU ARE LED TO JUDGEMENT ?
THEN, ALL YOUR EVIL ACTIONS WILL BE BROUGHT BEFORE YOU;
YOUR SECRET FAULTS WILL BE REPROVED.
THEREFORE, BEFORE THE END, CRY OUT TO CHRIST OUR GOD: I HAVE SINNED.//
YOU KNOW ALL HEARTS—HAVE MERCY ON ME.

V: O Lord: rebuke me not in Your anger.

ALL THINGS HERE WILL PASS AWAY, O MY SOUL,
BUT THERE, THINGS ARE ETERNAL.
I SEE THE JUDGEMENT SEAT, AND THE JUDGE UPON HIS THRONE.
I TREMBLE AT THE CONDEMNATION HE WILL PASS.//
TURN BACK, O MY SOUL, FOR THE SENTENCE CANNOT BE REMITTED.

Glory... Now and ever...

Theotokos Hymn

WE CRY TO YOU WITH JOYFUL VOICE, O THEOTOKOS,
WITH THE ANGELS IN HEAVEN, AND MEN ON EARTH:
REJOICE, O GATEWAY WIDER THAN THE HEAVENS.
REJOICE, ONLY SALVATION OF THOSE BORN ON EARTH.
REJOICE, O PURE ONE FULL OF GRACE.//
REJOICE, FOR YOU HAVE GIVEN BIRTH TO GOD IN THE FLESH.

After the final reading from the Psalter

SESSIONAL HYMN:

Of repentance and the angels

I FEAR THE AWESOME JUDGEMENT SEAT,
AND THE JUST CONDEMNATION OF THE JUDGE,
FOR MY CONSCIENCE CONTINUALLY ACCUSES ME.
I HAVE LIVED IN PRIDE, AND I AM SEIZED BY FRIGHT.
BY YOUR HOLY PRAYERS, SAVE ME FROM ETERNAL FIRE,//
O HOLY ARCHANGELS, PROTECTORS OF BELIEVERS.

V: Wonderful is God in His saints: the God of Israel.

YOUR MARTYRS, O LORD, LONGED TO DRINK FROM THE CUP OF YOUR SUFFERINGS.
THEY FORSOOK THE PLEASURES OF THIS WORLD,
AND SHARED THE LIFE OF THE ANGELS.//
AT THEIR INTERCESSIONS, GRANT OUR SOULS FORGIVENESS, AND GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

ON EARTH, GABRIEL WONDROUSLY BROUGHT YOU THE GREETING FROM HEAVEN.
AS HE SAW THE CREATOR OF THE ANGELS TAKE FLESH IN YOUR WOMB,
HE INTONED A HYMN OF REJOICING IN YOUR HONOUR,
TO TEACH MANKIND THAT YOU ALONE, O VIRGIN,//
ARE GIVEN TO THE WHOLE HUMAN RACE, AS THE CAUSE OF ITS JOY.

APOSTIKHA:

Stikhs of repentance

WOE IS ME. WHY HAVE I BECOME LIKE THE BARREN FIG TREE ?
I FEAR THE CURSING AND CUTTING DOWN.
BUT, O HEAVENLY GARDENER, CHRIST MY GOD,
REVEAL MY PARCHED SOUL TO BE FRUITFUL.
ACCEPT ME, AS YOU DID THE PRODIGAL SON//
AND HAVE MERCY ON ME.

DISREGARD THE GREAT NUMBER OF MY TRANSGRESSIONS,
O LORD, BORN OF THE VIRGIN.
BLOT OUT ALL MY INIQUITIES;
GRANT ME, I PRAY, A FIRM INTENTION TO CHANGE,
FOR YOU ARE THE LOVER OF MANKIND,//
AND HAVE MERCY ON ME.

BLESSED IS THE ARMY OF THE HEAVENLY KING.
ALTHOUGH ON EARTH THEY ENDURED GREAT SUFFERINGS,
THEY ACHIEVED THE RANK OF ANGELS.
THEY DID NOT CARE FOR THE FLESH, AND BECAME EQUALS TO THE
BODILESS HOSTS.//
BY THEIR PRAYERS, O LORD, SAVE OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

RELIEVE THE ANGUISH OF MY SOUL, O THEOTOKOS,
FOR YOU REMOVE ALL TEARS FROM THE FACE OF THE EARTH.
YOU DISPEL THE GRIEF OF MORTAL MEN,
YOU DISPERSE THE SORROW OF SINNERS.
O ALL-HOLY VIRGIN MOTHER://
WE HAVE YOU AS OUR HOPE AND SUPPORT.

MONDAY VESPERS:

LORD I CALL:

Stikhs of repentance

WOE IS ME, FOR I HAVE ANGERED YOU,
O MY MERCIFUL GOD AND LORD.
HOW OFTEN, O CHRIST, HAVE I PROMISED TO REPENT,
AND BEEN FOUND A SENSELESS LIAR,
FOR, I HAVE SOILED THE GARMENT IN WHICH I WAS FIRST BAPTIZED,
AND ALSO DISREGARDED THE COVENANTS I HAD WITH YOU,
WHEN CLOTHED IN MOURNING GARMENTS,
I MADE YOU AGAIN THIS SECOND PROFESSION IN THE PRESENCE OF ANGELS AND MEN.
AND THAT TOO, I HAVE SET ASIDE.//
DO NOT LEAVE ME, O SAVIOUR, UTTERLY TO PERISH.

WHAT ANSWER WILL YOU GIVE, O MY WRETCHED SOUL,
AT THE DAY OF JUDGEMENT ?
WHO SHALL PLUCK YOU FROM THE ETERNAL FIRE,
AND THE OTHER TORMENTS, WHEN YOU STAND CONDEMNED ?
NO ONE, IF YOU DO NOT YOURSELF GAIN THE MERCY OF THE COMPASSIONATE LORD,
BY LEAVING YOUR EVIL HABITS BEHIND,
LIVING IN A WAY THAT IS ACCEPTABLE TO GOD,
BY WEEPING EACH DAY FOR YOUR ENDLESS FAULTS
COMMITTED IN THOUGHT, WORD AND DEED //
AND BY BESEECHING CHRIST TO GRANT YOU FORGIVENESS OF ALL YOU HAVE DONE.

DO NOT LET THE ONE WHO COMPELS HABITS OF SIN
PREVAIL OVER ME, O CHRIST,
NOR LET THE DEMON EVER BATTLING WITH ME,
GAIN POSSESSION OF ME, AND BEAR ME DOWN TO HIS WILL.
SNATCH ME FROM THEIR DOMINION AND REIGN IN ME YOURSELF,
MAKING ME WHOLLY YOURS, O LOVER OF MAN,
AND GRANT ME TO LIVE ACCORDING TO YOUR WILL, O WORD,
TO HAVE REST IN YOU,
TO FIND THE MEANS OF MAKING AMENDS,//
CLEANSING, SALVATION, AND GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

FROM MY YOUTH, I HAVE BEEN ENGROSSED IN SIN;
I WAS LURED AND MISLED BY SATAN;
MY MIND IS POISONED BY MY MANY EVIL HABITS.
NOW I WEEP IN SORROW OVER THE DESTRUCTION OF MY SOUL.
O LADY: DO NOT DESPISE ME NOW,
FOR I AM PERISHING IN EVIL.
TAKE PITY ON ME AND DELIVER ME FROM ALL ASSAULTS AND PASSIONS,
THAT BY YOUR PRAYERS, BEFORE I DIE,//
I MAY FIND REPENTANCE.

APOSTIKHA:

Stikhs of repentance

O LORD: I DO NOT CEASE MY SIN;
I DO NOT COMPREHEND YOUR LOVE FOR MAN, ONLY GOOD ONE.
BUT, OVERCOME MY BLINDNESS,//
AND HAVE MERCY ON ME.

EVEN THOUGH I FEAR YOU, O LORD,
I DO NOT CEASE TO DO EVIL.
WHO, AT JUDGMENT, DOES NOT FEAR THE JUDGE ?
OR WHO, DESIRING HEALING, CHASES AWAY THE PHYSICIAN, AS I DO ?
HAVE COMPASSION ON MY INFIRMITY,//
AND HAVE MERCY ON ME, O PATIENT LORD.

To the martyrs

PUTTING ON THE SHIELD OF FAITH,
AND STRENGTHENING THEMSELVES WITH THE SIGN OF THE CROSS,
YOUR SAINTS, O LORD, BRAVELY WENT OF THEIR OWN ACCORD TO TORTURE,
LAYING LOW THE PRIDE AND ERROR OF THE DEVIL.
BY THEIR SUPPLICATIONS, O ALL-POWERFUL GOD,//
SEND THE WORLD PEACE, AND OUR SOULS GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

SOOTHE THE PAIN OF MY SUFFERING SOUL,
AS YOU WIPE ALL TEARS FROM THE FACE OF THE EARTH.
FOR, YOU DRIVE ALL SUFFERING FROM MANKIND,
DISPERSING THE GRIEF OF SINNERS.
WE FIND HOPE AND CONFIRMATION IN YOU,//
O MOST PURE VIRGIN MOTHER.

TUESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN:

Of repentance

AS I LIE ON THE BED OF MY MANY SINS,
I AM DESPOILED OF MY HOPE OF SALVATION,
FOR THE SLEEP OF LAZINESS WILL BRING PUNISHMENT UPON MY SOUL.
BUT SPARE ME, O CHRIST MY GOD,//
FOR YOU ALONE ARE THE LOVER OF MANKIND.

V: O Lord: rebuke me not in Your anger.

LET US ALL KEEP WATCH, GOING OUT TO MEET THE BRIDEGROOM CHRIST.
LET US MAKE OUR LAMPS BURN BRIGHTLY WITH OUR MANY ACTS OF COMPASSION.
THEN WE WILL BE COUNTED WORTHY TO ENTER THE BRIDAL CHAMBER.
FOR ONCE WE HAVE BEEN SHUT OUTSIDE THE DOOR,//
WE WILL CRY TO GOD TO NO AVAIL: HAVE MERCY ON ME.

Glory... Now and ever...

Theotokos Hymn

THE WONDERFUL MYSTERY OF THE VIRGIN
WAS THE SALVATION REVEALED TO THE WORLD,
FOR YOU, O LORD, WERE BORN OF HER WITHOUT HUMAN SEED.
YOU APPEARED IN THE FLESH WITHOUT CORRUPTION, THE JOY OF ALL.//
O LORD: GLORY TO YOU.

After the final reading from the Psalter

SESSIONAL HYMN:

To the Forerunner

ELISABETH WAS DELIVERED FROM HER BARRENNESS,
AND THE VIRGIN PRESERVED HER VIRGINITY,
WHEN THEY CONCEIVED IN THEIR WOMBS AT THE VOICE OF GABRIEL.
JOHN THE FORERUNNER LEAPED WITH JOY WITHIN HIS MOTHER,
WHEN HE RECOGNIZED IN THE VIRGIN'S WOMB,//
HIS MASTER AND HIS GOD INCARNATE FOR OUR SALVATION.

V: Wonderful is God in His saints: the God of Israel.

YOU HAVE GIVEN US AN INVINCIBLE RAMPART,
O CHRIST OUR GOD,
THROUGH THE MIRACLES OF YOUR HOLY MARTYRS.

BY THEIR PRAYERS, DISPERSE THE PLANS OF OUR ENEMIES,
AND STRENGTHEN ALL IN AUTHORITY,//
FOR YOU ALONE ARE GOOD, AND THE LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

O ALL-HOLY MOTHER OF GOD,
PROTECTRESS OF CHRISTIANS:
SAVE YOUR PEOPLE WHO CALL UPON YOU WITH CONFIDENCE AND FERVOUR.
DRIVE AWAY THE BASENESS OF OUR WANDERING THOUGHTS,
THAT WE MAY CRY OUT TO YOU://
REJOICE, EVER VIRGIN MOTHER.

APOSTIKHA:

Stikhs of repentance

WOE IS ME. WHY HAVE I BECOME LIKE THE BARREN FIG TREE ?
I FEAR THE CURSING AND CUTTING DOWN.
BUT, O HEAVENLY GARDENER, CHRIST MY GOD,
REVEAL MY PARCHED SOUL TO BE FRUITFUL.
ACCEPT ME, AS YOU DID THE PRODIGAL SON,//
AND HAVE MERCY ON ME.

DISREGARD THE GREAT NUMBER OF MY TRANSGRESSIONS,
O LORD, BORN OF THE VIRGIN.
BLOT OUT ALL MY INIQUITIES;
GRANT ME, I PRAY, A FIRM INTENTION TO CHANGE,
FOR YOU ARE THE LOVER OF MANKIND,//
AND HAVE MERCY ON ME.

THEY STRUGGLED ON EARTH, AND PERSEVERED IN THE HEIGHTS:
THEY WERE HANDED OVER TO FIRE, AND THE WATER RECEIVED THEM.
IT IS SAID OF THEM: WE WENT THROUGH FIRE AND THROUGH WATER,
AND YOU HAVE BROUGHT US FORTH TO A PLACE OF REST.//
BY THEIR INTERCESSIONS, O GOD, HAVE MERCY ON US.

Glory... Now and ever...

Theotokos Hymn

O HOLY LADY, VIRGIN THEOTOKOS,
HOPE OF THE HOPELESS, LIFE OF THOSE WHO DESPAIR,
THE HELP OF THOSE WHO COME TO YOU://
SEND DOWN YOUR HELP FOR US.

TUESDAY VESPERS:

LORD I CALL:

Stikhs to the Cross

WHEN YOU WERE LIFTED AS A LAMB UPON THE CROSS,
YOU OVERTHREW THE ARROGANCE OF THE DECEIVER.
SLAUGHTERED, YOU SANCTIFIED THE WHOLE EARTH WITH YOUR BLOOD.
PIERCED WITH THE LANCE, YOU COMMANDED THE FLAMING SWORD TO
TURN BACK FROM ME,
AND THE GATE OF PARADISE TO LET ME IN:
YOU TOLD ME TO DELIGHT WITHOUT FEAR IN THE TREE OF LIFE.
THUS SAVED BY YOUR PASSION, I CRY OUT IN JOY:
GLORY TO YOUR DIVINE CROSS,
THROUGH WHICH WE HAVE BEEN DELIVERED FROM THE ANCIENT CURSE,//
RECEIVED THE BLESSING OF THE TREE, AND GREAT MERCY.

IN YOUR DESIRE TO END THE SUFFERING AND SHAME OF MANKIND,
YOU ENDURED A SHAMEFUL CRUCIFIXION, O LORD.
YOU, IN WHOM THERE IS NO GUILE, TASTED OF GALL, O MY SAVIOUR.
YOU WERE WOUNDED IN THE SIDE WITH A LANCE,
HEALING OUR WOUNDS, O GOOD MASTER.
THEREFORE, WE SING OF YOUR GLORIOUS DESIRE;
WE VENERATE THE LANCE, THE SPONGE, AND THE REED,//
BY WHICH YOU HAVE GRANTED THE WORLD PEACE, AND GREAT MERCY.

HOW HAS THE LAWLESS MULTITUDE
MERCILESSLY CONDEMNED YOU TO BE NAILED TO THE CROSS, O
COMPASSIONATE LORD ?
YOUR MOTHER WEPT WHEN SHE BEHELD YOU,
THE CHILD SHE ONCE BORE WITHOUT PAIN,
NOW LIFTED UPON THE CROSS:
WHAT HAS THIS LAWLESS ASSEMBLY DONE TO YOU, O MY CHILD,
MY HEART'S DESIRE, MY WELL-BELOVED SON ?
MAKE HASTE TO SAVE THOSE WHO IN FAITH GLORIFY YOUR CRUCIFIXION,//
AND WHO MAGNIFY ME, O ONLY GOOD ONE.

Glory... Now and ever...

Theotokos Hymn

IN YOUR DESIRE FOR OUR SALVATION,
YOU PAID THE GREATEST PRICE, O LORD:
YOU SHED YOUR BLOOD FOR US.

YOUR MOTHER BEHELD YOU NAILED TO THE CROSS, AND CRIED OUT:
O MY SON, MY SPOTLESS LAMB:
HOW CAN YOU GO DOWN BEFORE MY EYES, O SAVIOUR,
THE NEVER-SETTING SUN WHO ENLIGHTENS ALL MANKIND,//
GRANTING THE WORLD GREAT MERCY.

APOSTIKHA:

Stikhs to the Cross

ONCE, IN THE DAYS OF MOSES THE PROPHET,
A FIGURE OF YOUR CROSS WAS MADE MANIFEST,
CONQUERING YOUR ENEMIES.
NOW THAT WE HAVE YOUR CROSS ITSELF, WE BESEECH YOUR HELP:
STRENGTHEN YOUR CHURCH, O LOVER OF MANKIND,//
FOR THE SAKE OF YOUR GREAT MERCY.

ALTHOUGH YOUR CROSS, O CHRIST, IS WOOD TO THE EYE,
YET IT IS ADORNED WITH DIVINE POWER,
AND MAKES ITSELF FELT THROUGHOUT THE WORLD,
SPIRITUALLY WORKING THE MIRACLE OF OUR SALVATION.
VENERATING IT, WE GLORIFY YOU.//
HAVE MERCY ON US, O SAVIOUR.

To the martyrs

INTERCEDE FOR US, O HOLY MARTYRS,
THAT WE MAY BE DELIVERED FROM OUR SINS,//
FOR THE GRACE TO PRAY FOR US IS GIVEN TO YOU.

Glory... Now and ever...

Theotokos Hymn

MY MAKER AND GOD WAS CLOTHED IN ME,
ASSUMING MY ENTIRE FORM,
IN HIS DESIRE TO RENEW IT, AS IT WAS IN ADAM BEFORE THE FALL.
BY HIS OWN WILL, HE WAS LIFTED UP, WITHOUT GUILT, UPON THE CROSS,
AND HIS HANDS, OF HIS OWN ACCORD, WERE NAILED,
HEALING THE HANDS, WHICH OF OLD WERE WEAKENED BY TAKING THE FRUIT.
AS SHE BEHELD HIM, HIS MOST PURE MOTHER CRIED OUT:
WHAT INEFFABLE PATIENCE IS YOURS, O MY SON ?
I CANNOT BEAR TO BEHOLD YOU LIFTED UP ON THE CROSS,//
FOR YOU HOLD THE EARTH IN THE PALM OF YOUR HAND.

WEDNESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

Of the Cross

O FAITHFUL: LET US GLORIFY AND SING THE PRAISES OF OUR SAVIOUR AND REDEEMER.
HE ACCEPTED CRUCIFIXION WITH HIS OWN FOREKNOWLEDGE AND CONSENT.
HE HAS NAILED THE SINS OF MORTALS UPON HIS CROSS,//
DELIVERING US FROM ERROR, AND GRANTING US THE KINGDOM.

V: Extol the Lord our God; worship at His footstool for He is holy.
O SAVIOUR: BY YOUR OWN FREE CHOICE, YOU ENDURED THE CROSS,
AND SET US FREE FROM CORRUPTION.
WE FAITHFUL SING YOUR PRAISES, AND WORSHIP YOU,
FOR YOU HAVE GIVEN US LIGHT BY THE MIGHT OF THE CROSS.
O COMPASSIONATE CHRIST, THE LOVER OF MANKIND://
WE GLORIFY YOU AS LORD, AND GIVER OF LIFE.

Glory... Now and ever...

Theotokos Hymn

STANDING BESIDE THE CROSS OF THE LORD,
THE THEOTOKOS CRIED ALOUD, LAMENTING:
"WOE IS ME, O MY SON. WOE IS ME, THE LIGHT OF MY EYES.
HOW ARE YOU STRETCHED UPON A CROSS,
WHO, IN YOUR DIVINE POWER, STRETCHED OUT THE HEAVENS AS A CURTAIN,//
AND, AT YOUR COMMAND, CALLED UP THE FOUNTAINS OF WATER FROM THE SEA ?

After the final reading from the Psalter

SESSIONAL HYMN:

Of the Cross

THE SAYINGS OF THE PROPHETS ARE FULFILLED,
FOR BEHOLD, YOUR ANCIENT PLAN HAS BEEN CARRIED OUT:
YOU, THE KING OF ALL, HAVE WILLINGLY BECOME POOR, AND TAKEN FLESH,
AND, FOR US, YOU WENT UP ON THE CROSS, AND SUFFERED DEATH.
THUS, O WORD, WE GLORIFY YOUR CONDESCENSION,//
WHICH SURPASSES ALL UNDERSTANDING.

V: Wonderful is God in His saints: the God of Israel.
YOU HAVE MADE YOUR VICTORIOUS MARTYRS
MIGHTY DEFENDERS OF THE WORLD, O LORD AND SAVIOUR,
PUTTING THE PASSIONS TO FLIGHT.//
AT THEIR INTERCESSIONS, SAVE OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

WHEN I SEE YOUR EYES CLOSE, O MY BELOVED SON,
THEN MY LIGHT IS EXTINGUISHED,
FOR I CAN NO LONGER ENDURE THE SIGHT OF THE SUN.
I WOULD WISH YOU TO TAKE AWAY MY VISION, O WORD.
HIDE YOURSELF, O LIGHT OF THE SUN.
HE, WHOSE WORD CAUSED YOUR LIGHT TO SHINE,//
HAS CLOSED HIS EYES ON THE CROSS.

APOSTIKHA:

Of the Cross

ONCE, IN THE DAYS OF MOSES THE PROPHET,
A FIGURE OF YOUR CROSS WAS MADE MANIFEST,
CONQUERING YOUR ENEMIES.
NOW THAT WE HAVE YOUR CROSS ITSELF, WE BESEECH YOUR HELP:
STRENGTHEN YOUR CHURCH, O LOVER OF MANKIND,//
FOR THE SAKE OF YOUR GREAT MERCY.

YOUR CROSS, O CHRIST, VOIDED THE POWER OF HADES,
BUT IT SAVED THE HUMAN RACE.
REDEEMING THE WORLD FROM CORRUPTION,
IT OPENED PARADISE TO THE THIEF.
FALLING DOWN IN WORSHIP BEFORE IT, WE GLORIFY YOU://
O SAVIOUR: HAVE MERCY ON US.

YOUR VICTORY-BEARERS, O LORD, IMITATED THE RANKS OF ANGELS,
FOR THEY HELD UP UNDER TORTURES, AS THOUGH THEY WERE BODILESS,
HAVING ONLY ONE THOUGHT: THE HOPE OF ENJOYING THE PROMISED BLESSINGS.
BY THEIR INTERCESSIONS, O CHRIST OUR GOD,//
GRANT PEACE TO THE WORLD, AND TO OUR SOULS, GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

WHEN THE EWE-LAMB AND VIRGIN SAW YOU GOING LIKE A LAMB TO SLAUGHTER, O WORD,
SHE CRIED OUT: WHAT A NEW AND STRANGE WONDER.
HOW CAN TRANSGRESSORS BE KILLING THE ONE WHO GIVES LIFE TO MANKIND ?//
GREAT IS YOUR MERCY, O MY SON.

WEDNESDAY VESPERS:

LORD I CALL:

Stikhs to the apostles

YOU WENT OUT OVER ALL THE EARTH,
SOWING THE SEED OF DIVINE TEACHING, O DISCIPLES OF THE LORD.
YOU TOOK WITH YOU THE WORD ALONE,
AS YOUR ONLY LIGHT, AND YOUR ONLY RICHES.
WITH IT, YOU CONFOUNDED KINGS AND TYRANTS,
TRAPPING ORATORS AND PHILOSOPHERS IN THE WEB WOVEN BY THEIR JEALOUS FURY.
YOU CALLED ALL MANKIND TO KNOWLEDGE OF THE CREATOR,
TEARING THEM FROM THE VAIN SERVICE OF IDOLS.
THEREFORE, BY YOUR PRAYERS, I ENTREAT YOU//
TO DELIVER ME FROM UNREASONING PASSIONS.

BY YOUR PRAYERS TO GOD, O MOST BLESSED APOSTLES,
MAY HE DELIVER US ALL FROM THE STORM OF TEMPTATIONS,
THE FEARFUL QUARRELS OF INFAMOUS HERESIES,
THE EVIL COUNSELS OF THE DEVIL,
THE BITTER COMPANY OF EVIL PEOPLE,
THE STORMS WHICH COME IN THIS LIFE,
THE FIRE THAT GIVES NO LIGHT, AND THE UNDYING WORM,
THE GNASHING OF TEETH, AND EVERY FORM OF TORTURE,
THAT, THROUGH ABSTINENCE AND LABOUR, WE MAY RECEIVE THE REWARD OF VIRTUE,//
INHERITANCE IN THE KINGDOM, AND GREAT MERCY.

RECEIVING PLAINLY, AS FAR AS THE NATURE OF MANKIND IS ABLE,
THE WHOLE LIGHT OF GOD, THE SECOND PERSON OF THE TRINITY'S INEFFABLE DISPENSATION,
THE TWELVE APOSTLES SHOWED THEMSELVES WITH COMMON ZEAL,
TO BE FORMING A PERFECT ASSEMBLY, TOGETHER WITH THE TWO AND SEVENTY.
THEY ENLIGHTENED THE ENDS OF THE EARTH,
THAT WAS DARKENED BY THE POLLUTION OF ERROR,//
AND THEY PRAY TO GOD TO GRANT THE WORLD GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

REJOICE, O SEAL OF ALL PROPHECY;

REJOICE, PREACHING OF THE APOSTLES.
REJOICE, O VIRGIN, FOR GOD INEFFABLY TOOK FLESH OF YOU,
AND WE HAVE RECEIVED OUR FIRST NOBILITY.
ONCE AGAIN, WE TASTE OF THE FRUIT OF PARADISE.
THEREFORE, WE HONOUR YOU WITH SONGS,
FOR YOU ARE OUR INTERCESSOR BEFORE GOD,//
WHO GRANTS THE WORLD GREAT MERCY.

APOSTIKHA:

Stikhs to the apostles

O DISCIPLES OF THE SAVIOUR:
YOU WERE EYE-WITNESSES OF THE MYSTERY OF THE INVISIBLE ONE WITHOUT BEGINNING,
AND YOU SAID: IN THE BEGINNING WAS THE WORD.
YET, YOU WERE NOT CREATED BEFORE THE ANGELS,
NOR DID YOU LEARN THESE THINGS FROM MANKIND,
BUT, YOU HAD THE WISDOM FROM ABOVE.
THEREFORE, SINCE YOU HAVE BOLDNESS BEFORE THE LORD,//
PRAY TO HIM THAT OUR SOULS MAY BE SAVED.

LET US PRAISE THE APOSTLES OF THE LORD IN SONG,
FOR BEARING THE ARMOUR OF THE CROSS,
THEY OVERCAME THE DECEIT OF IDOLATRY,
AND WERE CROWNED WITH VICTORY.
BY THEIR PRAYERS, AND THOSE OF ALL THE SAINTS,//
HAVE MERCY ON US, O GOD.

To the martyrs

WITH YOUR SOULS FILLED WITH UNQUENCHABLE LOVE,
YOU ENDURED THE MOST TERRIBLE SUFFERINGS WITHOUT DENYING CHRIST,
AND CAST DOWN THE TYRANT'S PRIDE.
YOU THAT KEPT THE FAITH UNCHANGED AND UNHARMED,
HAVE GONE TO DWELL IN HEAVEN.
SINCE YOU HAVE BOLDNESS BEFORE THE LORD,//
PRAY THAT HE MAY GRANT US GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

WE CALL YOU BLESSED, O VIRGIN THEOTOKOS, AND WE RIGHTFULLY GLORIFY YOU:
THE UNSHAKEABLE WALL, THE INVINCIBLE CITY,//
THE FIRM PROTECTION AND REFUGE OF OUR SOULS.

THURSDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN:

To the apostles

LET US, TOGETHER WITH ALL MANKIND,
GLORIFY THE WISE APOSTLES IN SPIRITUAL HYMNS AND SONGS.
THEY WERE EYEWITNESSES OF THE WORD, AND SERVANTS OF CHRIST.
THEY PRAY FERVENTLY TO CHRIST ON OUR BEHALF,//
AS WE PRAISE THEIR HOLY MEMORY, AND VENERATE THEIR RELICS.

V: Their voice has gone out into all the earth and their words to the ends of the universe.

LET US GLORIFY THE APOSTLES OF CHRIST WITH ONE ACCORD,
FOR THEY SHINE AS TORCHES THROUGHOUT THE WORLD.
THEY HAVE CAUGHT THE NATIONS IN THE NET OF THE TRUE FAITH;
BRINGING US LIGHT, THEY TEACH US TO HONOUR THE HOLY TRINITY,//
ONE IN ESSENCE, YET DIVIDED IN PERSONS.

Glory... Now and ever...

Theotokos Hymn

O UNWEDDED BRIDE AND EVER-VIRGIN:
WE EVER SING YOUR PRAISES IN THE COMPANY OF THE ANGELS,
FOR YOUR SON AND GOD HAS DONE GREAT THINGS FOR US THROUGH YOU.
BEGOTTEN BEFORE ALL AGES FROM THE FATHER,
HE WAS PLEASED TO BE CONTAINED WITHIN YOUR WOMB,//
AND TO SET US FREE FROM ERROR.

After the final reading from the Psalter

SESSIONAL HYMN:

To the apostles

O LORD: SOME FISHERMEN WITHOUT LEARNING
CONFOUNDED PHILOSOPHERS, AND CLOSED THE MOUTHS OF ORATORS,
AS THEY PREACHED THE INEFFABLE MYSTERY OF YOUR COMING IN THE FLESH.
THEY BECAME THE WISE TEACHERS OF THE NATIONS,
ENLIGHTENING THE ENDS OF THE UNIVERSE WITH THE RADIANCE OF THE KNOWLEDGE OF GOD.//
BY THEIR PRAYERS, GRANT US GREAT MERCY.

V: Wonderful is God in His saints: the God of Israel.
THE POWERS OF HEAVEN MARVELLED GREATLY,
AT THE VICTORY OF THE HOLY MARTYRS.
FOR, CONTENDING IN THEIR MORTAL BODIES,
THEY INVISIBLY CONQUERED THE BODILESS ENEMY BY THE MIGHT OF THE CROSS.
NOW THEY INTERCEDE BEFORE THE LORD,//
THAT HE MAY HAVE MERCY ON OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

HASTEN TO BRING US HELP AND PROTECTION;
SHOW YOUR MERCY TO YOUR SERVANTS, O HOLY VIRGIN.
CALM THE STORM OF OUR FOOLISH THOUGHTS.
O MOTHER OF GOD: RAISE UP MY FALLEN SOUL.//
O VIRGIN: I KNOW THAT YOU CAN DO WHATEVER YOU DESIRE.

APOSTIKHA:

Stikhs to the apostles

O DISCIPLES OF THE SAVIOUR:
YOU WERE EYE-WITNESSES OF THE MYSTERY OF THE INVISIBLE ONE WITHOUT BEGINNING,
AND YOU SAID: IN THE BEGINNING WAS THE WORD.
YET, YOU WERE NOT CREATED BEFORE THE ANGELS,
NOR DID YOU LEARN THESE THINGS FROM OTHERS,
BUT YOU HAD THE WISDOM FROM ABOVE.
THEREFORE, SINCE YOU HAVE BOLDNESS BEFORE THE LORD,//
PRAY TO HIM, THAT OUR SOULS MAY BE SAVED.

IN SONG, LET US PRAISE THE APOSTLES OF THE LORD,
FOR, BEARING THE ARMOUR OF THE CROSS,
THEY OVERCAME THE DECEIT OF IDOLATRY,
AND WERE CROWNED WITH VICTORY.
BY THEIR PRAYERS, AND THOSE OF ALL THE SAINTS,//
HAVE MERCY ON US, O GOD.

To the martyrs

IN THEIR TORMENTS, THE SAINTS CRIED OUT, REJOICING:
THIS IS THE EXCHANGE WE MAKE WITH THE MASTER.
IN RETURN FOR THE WOUNDS INFLICTED ON OUR BODIES,
HE WILL CLOTHE US AT THE RESURRECTION WITH A GARMENT OF LIGHT.
IN RETURN FOR DISHONOUR, WE SHALL RECEIVE CROWNS;
IN RETURN FOR IMPRISONMENT, PARADISE;
IN RETURN FOR CONDEMNATION WITH EVILDOERS, LIFE WITH THE ANGELS.//
THROUGH THEIR PRAYERS, O LORD, SAVE OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

HEAR OUR VOICE, O FORE-CHOSEN ONE,
AND GRANT THE REQUESTS OF OUR SOULS:
DELIVER US FROM PASSIONS AND SORROWS,
FOR AS THE MOTHER OF GOD,//
YOU CAN DO ALL THINGS, THROUGH THE APOSTLES.

THURSDAY VESPERS:

LORD I CALL:

Stikhs to the Cross

LET ALL THE TREES OF THE FOREST REJOICE
AT THE SIGHT OF YOUR MOST PRECIOUS CROSS.
FOR, IT FOUND FAVOUR BY YOUR PASSION, O MASTER,
AND IT SHINES FORTH GRACE, AS WITH A FLAMING FIRE.
IT SHOWERS GIFTS AS WATER UPON ALL MANKIND;
IT ILLUMINES OUR SOULS AND THOUGHTS,
IT WASHES SICKNESS AWAY AND DRIVES OUT PASSIONS.
IT CHASES UNSEEN DEVILS, AND OPENLY DEFEATS THE ENEMY,
IT GRANTS VICTORIES TO ORTHODOX CHRISTIANS OVER THEIR ADVERSARIES,//
AND BESTOWS UPON THE FAITHFUL BLESSING AND GREAT MERCY.

LET US VENERATE, AS THE PROPHETS SAID,
THE PLACE WHERE THE LORD'S FEET HAVE STOOD:
LET US GLORIFY CHRIST CRUCIFIED,
WHO CRUCIFIED OUR TRANSGRESSIONS,
DESTROYED THE CURSE OF THE TREE,
AND RECONCILED TO THE FATHER THOSE, WHOSE THOUGHTS HAD CUT THEM OFF FROM HIM.
SALUTING THE NAILS IN HIS HANDS AND FEET,
THE REVILING AND THE MOCKERY,
WE HONOUR THE LANCE, THE REED, THE SPONGE AND THE CROWN,//
AND ALL THAT HE ENDURED, THAT WE MIGHT BE SAVED.

LET US, WHO DESIRE TO FOLLOW IN THE STEPS OF CHRIST,
CRUCIFY ALL OUR MEMBERS IN HIM, WHO RULES THE WORLD.
LET US DIE TO THE WORLD, AND TAKE UP HIS DIVINE CROSS ON OUR SHOULDERS,
BY TURNING FROM THE PLAY OF OUR FLESH, AND EVIL PASSIONS,
WHICH DRAW THE SOUL TOWARDS SIN.
LET US REFLECT THAT WE STAND BEFORE HIM,
AND BEHOLD HIM NAILED TO THE CROSS,
WHERE HE COMMENDED HIS SOUL WITH A LOUD CRY, INTO THE HANDS OF THE FATHER,//
THAT WE MIGHT BE WITH HIM IN ETERNITY.

Glory... Now and ever...

Theotokos Hymn

IN YOUR DESIRE FOR OUR SALVATION,
YOU PAID THE GREATEST PRICE, O LORD:
YOU SHED YOUR BLOOD FOR US.
YOUR MOTHER BEHELD YOU NAILED TO THE CROSS, AND CRIED OUT:
O MY SON, MY SPOTLESS LAMB,
O SAVIOUR: HOW CAN YOU GO DOWN BEFORE MY EYES—
THE NEVER-SETTING SUN, WHO ENLIGHTENS ALL MANKIND,//
GRANTING THE WORLD GREAT MERCY.

APOSTIKHA:

Stikhs to the Cross

ONCE, IN THE DAYS OF MOSES THE PROPHET,
A FIGURE OF YOUR CROSS WAS MADE MANIFEST,
CONQUERING YOUR ENEMIES.
NOW THAT WE HAVE YOUR CROSS ITSELF, WE BESEECH YOUR HELP:
STRENGTHEN YOUR CHURCH, O LOVER OF MANKIND,//
FOR THE SAKE OF YOUR GREAT MERCY.

ALTHOUGH, TO THE EYE, YOUR CROSS IS WOOD, O CHRIST,
YET, IT IS ADORNED WITH DIVINE POWER,
AND MAKES ITSELF FELT THROUGHOUT THE WORLD,
SPIRITUALLY WORKING THE MIRACLE OF OUR SALVATION.
VENERATING IT, WE GLORIFY YOU,//
HAVE MERCY ON US, O SAVIOUR.

To the martyrs

NOT REJOICING IN EARTHLY THINGS,
GOING FORTH TO TORTURES BRAVELY,
YOU, O ALL-LAUDABLE MARTYRS, DID NOT FAIL IN YOUR BLESSED HOPES.
SINCE NOW, YOU HAVE BOLDNESS BEFORE GOD, THE LOVER OF MANKIND,
ENTREAT PEACE FOR THE WORLD,//
AND FOR OUR SOULS, GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

WHEN SHE SAW HER SON, THE LAMB, LIFTED UPON THE CROSS,
YOUR MOTHER, THE BLESSED MAIDEN AND VIRGIN, CRIED OUT:
WOE IS ME, O MY SON. HOW CAN YOU BE DYING,//
WHEN, BY NATURE YOU ARE IMMORTAL GOD ?

FRIDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN:

Of the Cross

THE PLACE OF THE SKULL HAS BECOME PARADISE,
FOR, AS SOON AS THE WOOD OF THE CROSS WAS PLANTED THERE,
IT BORE AT ONCE THE FRUIT OF LIFE.//
O SAVIOUR: YOU HAVE BROUGHT US JOY. GLORY TO YOU.

V: Extol the Lord our God; worship at His footstool for He is holy.

THE WOOD OF YOUR CROSS, O OUR SAVIOUR,
HAS BROUGHT SALVATION TO THE WORLD;
FOR YOU, THE JOY OF ALL, WERE WILLINGLY NAILED ON IT.
YOU HAVE DELIVERED THOSE, WHO DWELL ON EARTH, FROM THE CURSE.//
O LORD: GLORY TO YOU.

Glory... Now and ever...

Theotokos Hymn

WHEN YOUR MOTHER BEHELD YOU, O CHRIST,
HANGING, BY YOUR OWN FREE CHOICE, UPON THE CROSS BETWEEN TWO THIEVES,
HER HEART WAS PIERCED WITH A MOTHER'S GRIEF, AND SHE CRIED OUT:
O SON: HOW ARE YOU, THE SINLESS ONE,
NAILED UNJUSTLY TO THE CROSS AS AN EVILDOER ?//
IT IS BECAUSE YOU WILL TO RESTORE MANKIND TO LIFE, IN YOUR SURPASSING LOVE.

After the final reading from the Psalter:

SESSIONAL HYMN:

Of the Cross

ADAM TASTED BITTERNESS FROM THE FORBIDDEN TREE
WHEN THE ENVY OF THE SERPENT LED HIM TO HIS FALL.
BUT, WHEN YOU WERE CRUCIFIED, HE GAINED LIFE.
THROUGH THE TREE OF THE CROSS, HE ENTERED THE HEAVENLY HOMELAND AGAIN.
THE SERPENT WAS CRUSHED, DEATH WAS SWALLOWED UP,//
AND WE GIVE YOU GLORY, O LORD OUR GOD.

VS: Wonderful is God in His saints: the God of Israel.
TODAY, THE MEMORIAL OF THE VICTORIOUS MARTYRS
SHINES WITH LIGHT FROM HEAVEN.
THE CHOIR OF ANGELS KEEPS THE FESTIVAL,
AND MANKIND CELEBRATES THE FEAST WITH THEM.
FOR, THEY INTERCEDE BEFORE THE LORD,//
THAT HE MAY HAVE MERCY ON OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

IN TEARS, THE MOTHER OF GOD WEPT AND SAID:
GABRIEL BROUGHT ME THE ANNOUNCEMENT OF SALVATION,
SAYING THAT YOU WOULD BE WITH ME, O LORD.
HOW, THEN, CAN MY JOY BE CHANGED TO SORROW ?
HOW CAN I APPEAR CHILDLESS,
FOR, WITHOUT KNOWING A MAN, //
I BROUGHT YOU INTO THE WORLD, O MY SON, AS THE SAVIOUR OF OUR SOULS.

APOSTIKHA:

Of the Cross

NO SOONER HAD THE WOOD OF YOUR CROSS BEEN PLANTED, O CHRIST,
THAN ERROR WAS DRIVEN OUT, AND GRACE BURST FORTH IN FLOWER.
FOR, THE PUNISHMENT OF CONDEMNATION IS NO MORE,
BUT THE CROSS WAS REVEALED TO US AS A SYMBOL OF THE VICTORY OF SALVATION.
THE CROSS IS OUR SUPPORT; THE CROSS IS OUR BOAST.//
THE CROSS IS OUR MEANS OF FERVENT JOY.

YOUR CROSS, O CHRIST, VOIDED THE POWER OF HADES,
BUT IT SAVED THE HUMAN RACE.
REDEEMING THE WORLD FROM CORRUPTION, IT OPENED PARADISE TO THE THIEF.
FALLING DOWN IN WORSHIP BEFORE IT, WE GLORIFY YOU://
O SAVIOUR: HAVE MERCY ON US.

To the martyrs

BLESSED IS THE ARMY OF THE HEAVENLY KING.
ALTHOUGH, ON EARTH, THEY ENDURED GREAT SUFFERINGS,
THEY ACHIEVED THE RANK OF ANGELS.
THEY DID NOT CARE FOR THE FLESH, AND BECAME EQUALS TO THE BODILESS HOSTS.//
BY THEIR PRAYERS, O LORD, SAVE OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

THE BLAMELESS ONE CRIED OUT TO CHRIST, AS SHE LAMENTED:
END THE GRIEF OF MY MUCH-AFFLICTED SOUL.
FOR, ALTHOUGH YOU ARE SAVING MORTALS BY YOUR PASSION,
YET, YOU ARE WOUNDING MY SOUL, O WORD.
YOU ARE MY LIGHT, YOU ARE MY SWEETEST CHILD, WHO FASHIONED ME.//
I SING IN PRAISE OF YOUR LONG-SUFFERING.

FRIDAY VESPERS

LORD I CALL:

Stikhs to the martyrs

PUTTING ON THE SHIELD OF FAITH,
AND STRENGTHENING THEMSELVES WITH THE SIGN OF THE CROSS,
YOUR SAINTS, O LORD, BRAVELY WENT OF THEIR OWN ACCORD TO TORTURE,
LAYING LOW THE PRIDE AND ERROR OF THE DEVIL.
BY THEIR SUPPLICATIONS, O ALL-POWERFUL GOD,//
SEND THE WORLD PEACE, AND OUR SOULS GREAT MERCY. (*twice*)

NOT REJOICING IN EARTHLY THINGS,
GOING FORTH TO TORTURES BRAVELY,
YOU, O ALL-LAUDABLE MARTYRS, DID NOT FAIL IN YOUR BLESSED HOPES.
SINCE NOW, YOU HAVE BOLDNESS BEFORE GOD, THE LOVER OF MANKIND,
ENTREAT PEACE FOR THE WORLD,//
AND FOR OUR SOULS, GREAT MERCY.

Glory... Now and ever...

The Theotokos Hymn

IN THE RED SEA OF OLD,
A TYPE OF THE VIRGIN BRIDE WAS PREFIGURED.
THERE, MOSES DIVIDED THE WATERS;
HERE, GABRIEL ASSISTED IN THE MIRACLE.
THERE, ISRAEL CROSSED THE SEA WITHOUT GETTING WET;
HERE, THE VIRGIN GAVE BIRTH TO CHRIST WITHOUT SEED.
AFTER ISRAEL'S PASSAGE, THE SEA REMAINED IMPASSIBLE;
AFTER EMMANUEL'S BIRTH, THE VIRGIN REMAINED A VIRGIN.
O EVER EXISTING GOD, WHO APPEARED AS MAN,//
O LORD: HAVE MERCY ON US.

APOSTIKHA

Stikhs to the martyrs

INTERCEDE FOR US, O HOLY MARTYRS, THAT WE MAY BE DELIVERED FROM
OUR SINS,//
FOR THE GRACE TO PRAY FOR US IS GIVEN TO YOU.

WITH YOUR SOULS FILLED WITH UNQUENCHABLE LOVE,
YOU ENDURED THE MOST TERRIBLE SUFFERINGS WITHOUT DENYING CHRIST,
AND CAST DOWN THE TYRANT'S PRIDE.
YOU, THAT KEPT THE FAITH UNCHANGED AND UNHARMED,
HAVE GONE TO DWELL IN HEAVEN.
SINCE YOU HAVE BOLDNESS BEFORE THE LORD,//
PRAY THAT HE MAY GRANT US GREAT MERCY.

For the departed

I CALLED TO MIND THE PROPHET'S WORDS:
I AM DUST AND ASHES.
I WENT ALSO TO THE TOMBS, AND BEHELD THE NAKED BONES,
AND I SAID: WHO NOW IS THE KING, OR THE SOLDIER,
THE RICH, OR THE POOR ?
THE RIGHTEOUS, OR THE SINNERS ?
BUT, GIVE REST TO YOUR SERVANTS, WITH THE SAINTS, O LORD,//
SINCE YOU ARE THE LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

INTERCEDE FOR US WITH YOUR PRAYERS, O JOYFUL ONE,
AND PLEAD FOR GREAT COMPASSION FOR OUR SOULS,//
AND THE BLOTTING OUT OF OUR MANY TRANSGRESSIONS.

SATURDAY MATINS

After the 1st reading of the Psalter:

SESSIONAL HYMN:

To the martyrs

YOUR MARTYRS, O LORD, LONGED TO DRINK FROM THE CUP OF YOUR SUFFERINGS;
THEY FORSOOK THE PLEASURES OF THIS WORLD,
AND SHARED IN THE LIFE OF THE ANGELS.//
AT THEIR INTERCESSIONS, GRANT PEACE TO OUR SOULS.

V: God is wonderful in His saints; the God of Israel.

THROUGH THE MIRACLES OF YOUR HOLY MARTYRS, O CHRIST OUR GOD,
YOU HAVE GIVEN US A RAMPART, WHICH CANNOT BE DESTROYED.
AT THEIR PRAYERS, DEFEAT OUR ENEMIES, AND STRENGTHEN THOSE IN AUTHORITY,//
FOR YOU ALONE ARE GOOD, AND THE LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

O CHRIST OUR GOD WHO SHONE FORTH UPON THE WORLD FROM A VIRGIN://
THROUGH HER, MAKING US SONS OF LIGHT, HAVE MERCY ON US.

After the final reading from the Psalter:

SESSIONAL HYMN:

To the martyrs

YOU HAVE GIVEN US AN INVINCIBLE RAMPART, O CHRIST OUR GOD,
THROUGH THE MIRACLES OF YOUR HOLY MARTYRS.
BY THEIR PRAYERS, DISPERSE THE PLANS OF OUR ENEMIES,
AND STRENGTHEN ALL IN AUTHORITY,//
FOR YOU ALONE ARE GOOD, AND THE LOVER OF MANKIND.

V: Blessed are those whom You have chosen and taken, O Lord.

GIVE REST, WITH THE RIGHTEOUS, TO YOUR SERVANTS, O OUR SAVIOUR,
AND MAKE THEM DWELL IN YOUR COURTS, AS IT IS WRITTEN;
IN YOUR GOODNESS, PASSING OVER ALL THEIR TRESPASSES,
BOTH VOLUNTARY AND INVOLUNTARY,
WITH EVERY SIN COMMITTED IN KNOWLEDGE OR IN IGNORANCE,//

FOR, YOU ALONE ARE THE LOVER OF MANKIND.

Glory... Now and ever...

Theotokos Hymn

O VIRGIN MOTHER, UNWEDDED BRIDE:
YOU BROUGHT THE SAVIOUR INTO THE WORLD,
AND GAVE BIRTH TO HIM IN THE PERFECTION OF TWO NATURES:
TOGETHER WITH THE HOLY PROPHETS, MARTYRS, AND ALL THE SAINTS,
ENTREAT HIM, THAT HE MAY GRANT PEACE TO THE WORLD,//
AND GREAT MERCY TO OUR SOULS.

APOSTIKHA:

To the martyrs

IN THEIR TORMENTS, THE SAINTS CRIED OUT, REJOICING:
THIS IS THE EXCHANGE WE MAKE WITH THE MASTER.
IN RETURN FOR THE WOUNDS INFLICTED ON OUR BODIES,
HE WILL CLOTHE US, AT THE RESURRECTION, WITH A GARMENT OF LIGHT.
IN RETURN FOR DISHONOUR, WE SHALL RECEIVE CROWNS;
IN RETURN FOR IMPRISONMENT, PARADISE;
IN RETURN FOR CONDEMNATION WITH EVILDOERS, LIFE WITH THE ANGELS.//
THROUGH THEIR PRAYERS, O LORD, SAVE OUR SOULS.

V: Blessed are those whom You have chosen and taken, O Lord.

For the departed

WITH THE SPLENDOUR OF YOUR COUNTENANCE, O CHRIST,
IN YOUR COMPASSION, SHINE ON THE DEPARTED;
LEAD THEM TO A PLACE OF GREEN PASTURE, BESIDE THE STILL WATERS OF YOUR DIVINE REST.
GIVE THEM REPOSE, ACCORDING TO THEIR HEARTS' DESIRE, WITH ABRAHAM THE FOREFATHER,
WHERE YOUR LIGHT IS MADE MANIFEST IN ALL ITS PURITY,
AND THE STREAMS OF YOUR LOVE FLOW OUT,
WHERE THE CHOIRS OF SAINTS REJOICE, AND EXULT IN YOUR GOODNESS.//
PLACE YOUR SUPPLIANTS WITH THEM, AND GRANT THEM YOUR GREAT MERCY.

V: Their memorial is from generation to generation.

LOOK DOWN, IN YOUR COMPASSION, UPON THOSE WHO HAVE DEPARTED TO YOU FROM THIS TEMPORARY LIFE.
GRANT THAT, WITH ONE ACCORD, THEY MAY GLORIFY YOUR POWER,
O MASTER OF ALL, AND LOVER OF MANKIND.
SHINE UPON THEM WITH YOUR BEAUTY,
AND CALL THEM TO SHARE WITH PURE HEARTS IN THE JOY OF YOUR PRESENCE,
WHERE THE ANGELS REJOICE AROUND YOUR THRONE,
AND THE COMPANIES OF SAINTS ATTEND YOU WITH THEIR SONGS OF PRAISE.//
GIVE YOUR SERVANTS REST WITH THEM, AND GRANT THEM YOUR GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

WE WERE ENSLAVED BY THE LAW OF SIN, O ALL-PURE LADY,
BUT, YOU HAVE SET US FREE, ONLY MOTHER AND VIRGIN,
BY CONCEIVING IN YOUR WOMB GOD THE KING, AND GIVER OF THE LAW.
THROUGH HIM, WE ARE JUSTIFIED FREELY, AND BY GRACE.
ENTREAT HIM NOW TO WRITE DOWN, IN THE BOOK OF LIFE,
THE NAMES OF THOSE, WHO SING YOUR PRAISES AS THE MOTHER OF GOD;
THAT, BEING SAVED THROUGH YOUR MEDIATION,
WE MAY RECEIVE FROM YOUR SON THE DELIVERANCE FOR WHICH WE
PRAY,//
WORSHIPPING HIM WHO GRANTS THE WORLD GREAT MERCY.

DAILY THEOTOKOS HYMNS:

SATURDAY & SUNDAY (*FRIDAY & SATURDAY EVENINGS*)

REJOICE, O GATE OF THE LORD WHICH NO ONE CAN FORCE.
REJOICE, O RAMPART AND SHELTER OF THOSE, WHO COME TO YOU.
REJOICE, UNDISTURBED HAVEN, THAT NEVER KNEW MAN.
SINCE YOU GAVE BIRTH IN THE FLESH TO YOUR MAKER AND GOD,
NEVER CEASE TO INTERCEDE FOR THOSE, //
WHO SING A HYMN OF PRAISE TO YOUR SON, AND WORSHIP HIM.

MONDAY (*SUNDAY EVENING*)

WE CRY OUT TO YOU EXULTINGLY WITH THE ANGELS,
WITH MANKIND ON EARTH:
REJOICE, O GATE WIDER THAN HEAVEN.
REJOICE, ONLY SALVATION OF THE HUMAN RACE.
REJOICE, O HONOURED LADY, FULL OF GRACE,//
FOR YOU GAVE BIRTH TO THE INCARNATE GOD.

TUESDAY (*MONDAY EVENING*)

SHOW FORTH, O THEOTOKOS, YOUR READY PROTECTION,
YOUR HELP, AND MERCY, TO YOUR SERVANTS.
IN YOUR PURITY, CALM THE STORMS OF MY EMPTY THOUGHTS,
AND RAISE UP MY WOUNDED SOUL,//
FOR I KNOW, O VIRGIN, THAT YOU CAN DO ALL YOU DESIRE.

WEDNESDAY & FRIDAY (*TUESDAY & THURSDAY EVENINGS*)

LET THE ERROR OF IDOLATRY BE DESTROYED
THROUGH THE MIGHT OF THE CROSS OF YOUR SON,
AND THE POWER OF DEMONS BE TRAMPLED,
O LADY, ALL-PLEASING TO GOD.
THEREFORE, WE FAITHFUL EVER SING HUMBLY TO YOU,
WE BLESS AND EXALT YOU,//
PROFESSING THAT YOU ARE TRULY THE MOTHER OF GOD.

THURSDAY (*WEDNESDAY EVENING*)

THE WONDERFUL MYSTERY OF THE VIRGIN
WAS THE SALVATION REVEALED TO THE WORLD,
FOR YOU, O LORD, WERE BORN OF HER WITHOUT HUMAN SEED,
AND APPEARED IN THE FLESH WITHOUT CORRUPTION, THE JOY OF ALL./
O LORD: GLORY TO YOU.

MATINS DISMISSAL THEOTOKOS HYMNS:

MONDAY, WEDNESDAY, FRIDAY & SATURDAY MORNINGS:

YOU HAVE SHONE FORTH TO THE WORLD FROM A VIRGIN, O CHRIST OUR GOD.//
THROUGH HER, MAKING US SONS OF LIGHT, O LORD, HAVE MERCY ON US.

TUESDAY & THURSDAY MORNINGS:

YOU ARE THE FORTRESS OF CHRISTIANS, O MOST HOLY THEOTOKOS.
EVER DELIVER YOUR PEOPLE, WHO ALWAYS CRY OUT TO YOU:
RESIST ALL SHAMEFUL AND ARROGANT THOUGHTS,//
THAT WE MAY CRY: REJOICE, O EVER VIRGIN.

TONE 6

SUNDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN:

THE TOMB WAS OPEN, AND HADES LAMENTING;
MARY CRIED OUT TO THE HIDING APOSTLES:
COME OUT, YOU WORKERS OF THE VINEYARD,
PROCLAIM THE WORD OF THE RESURRECTION.
THE LORD IS RISEN,//
GRANTING THE WORLD GREAT MERCY.

V: Arise, O Lord my God, lift up Your hand; do not forget Your poor forever.

MARY MAGDALENE STOOD BY YOUR TOMB,
AND, AS SHE TOOK YOU TO BE THE GARDENER,
SHE SAID WITH LOUD LAMENTING:
WHERE HAS THE ETERNAL LIFE BEEN HIDDEN ?
WHERE IS HE LAID, WHO SITS UPON THE THRONE OF THE CHERUBIM ?
FOR, THOSE WHO WERE GUARDING HIM ARE DEAD WITH FRIGHT.
GIVE ME MY LORD, OR CRY OUT WITH ME:
GLORY TO YOU, FOR YOU WERE AMONG THE DEAD,//
YET YOU MADE THE DEAD TO RISE.

Glory... Now and ever...

Theotokos Hymn

O MOTHER OF GOD:
GIDEON FORESHADOWS YOUR CONCEIVING,
AND DAVID, THE MANNER OF YOUR CHILDBEARING.
FOR THE WORD DESCENDED INTO THE WOMB LIKE RAIN UPON THE FLEECE,
AND WITHOUT SEED YOU PUT FORTH THE FLOWER THAT IS CHRIST OUR GOD,
O BLESSED VIRGIN,//
THE SALVATION OF THE WORLD.

After the final reading from the Psalter:

SESSIONAL HYMN:

THE LIFE LAY IN THE TOMB, AND THE SEAL LAY UPON THE STONE.
THE WATCH GUARDED CHRIST LIKE A SLEEPING KING.
HAVING INVISIBLY STRUCK HIS ENEMIES,//
THE LORD AROSE.

V: I will praise You, Lord, with my whole heart; I will speak of all Your marvellous works.

O IMMORTAL LORD:
JONAH PREFIGURES YOUR BURIAL,
AND SIMEON FORETELLS YOUR DIVINE RESURRECTION.
FOR YOU WENT DOWN AS DEAD INTO THE TOMB,
AND BROKE IN PIECES THE GATES OF HADES.
WITHOUT SEEING CORRUPTION,
YOU ROSE AS MASTER FOR THE SALVATION OF THE WORLD, //
O CHRIST OUR GOD, THE ENLIGHTENER OF THOSE IN DARKNESS.

Glory... Now and ever...

Theotokos Hymn

O VIRGIN THEOTOKOS:
PRAY TO YOUR SON, WHO OF HIS OWN WILL WAS NAILED TO THE CROSS:
CHRIST OUR LORD WHO ROSE FROM THE DEAD//
SO THAT HE MIGHT SAVE OUR SOULS.

THE CANON:

ODE ONE:

FIRST CANON

IRMOS:
CROSSING THE DEEP ON FOOT AS IF IT WERE DRY LAND,
ISRAEL LOOKED ON THE PURSUING PHARAOH AS HE DROWNED, AND CRIED ALOUD:
LET US SING A SONG OF VICTORY TO GOD.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
O good Jesus: with Your arms stretched out upon the Cross, You fulfilled perfectly the good will of the Father. Let us sing a song of victory to You.

O Lord of life: death approached You in fear, as an ordered slave. Through him you award to us eternal life and Resurrection.

R: O MOST HOLY THEOTOKOS: SAVE US.

O Pure One: beyond all understanding, you received your Creator, made flesh of His own will in your seedless womb: you are proclaimed in truth to be Queen of all creation.

SECOND CANON:

IRMOS:

IN ANCIENT TIMES HE BURIED THE PURSUING TYRANT
BENEATH THE WAVES OF THE SEA,
BUT THE CHILDREN OF THOSE HE SAVED
BURIED HIM BENEATH THE EARTH.
BUT LET US WHO ARE FORMED ANEW SING TO THE LORD,
FOR GLORIOUSLY HAS HE BEEN GLORIFIED.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

Willingly condemned by a lawless sentence, the Judge stands before the seat of Pilate, and God, before whom earth and heaven tremble, is struck in the face by unjust hands.

O Saviour: stretching out Your sacred hands on Your pure and life-giving Cross, You led all nations to knowledge of You, O Master, as they worship Your glorious Crucifixion, O Lord.

Theotokos Hymn

Shedding a fountain of tears, the blameless Virgin stood by Your Cross, O Saviour, as she beheld the drops of blood from Your side, and she glorified Your incomparable compassion.

ODE THREE:

FIRST CANON:

IRMOS:

NONE IS HOLY BUT YOU, O LORD,
OUR GOD WHO HAVE RAISED UP THE HORN OF YOUR FAITHFUL IN YOUR GOODNESS,
ESTABLISHING US UPON THE ROCK OF YOUR CONFESSION.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

As it beheld God crucified in the flesh, creation was torn with fear, but the One who was crucified for us held all things together by the strength of His hand.

Wretched death lies lifeless, having been destroyed by death. The strong man dies, unable to with stand the divine assault of Life, and thus the Resurrection is given to all.

Theotokos Hymn

The wonder of your divine child bearing surpasses the laws of nature, O pure One: for you marvellously conceived God in your womb; and having brought Him forth, you remained a virgin.

SECOND CANON:

IRMOS:

AS CREATION BEHELD HANGING ON THE CROSS YOU,
WHOSE INVINCIBLE MIGHT HUNG THE EARTH ABOVE THE WATERS,
IT CRIED OUT, SEIZED WITH TREMBLING AND AWE:
NONE IS HOLY BUT YOU, O LORD.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

Having lain for three days in the tomb, You, by Your life-giving Resurrection, raised those who had suffered death. Loosed from their condemnation, they cried out exulting with one accord: Behold, You are come, O Lord, our Redemption.

Glory to Your rising, O Saviour, for You have delivered us from Hades as Almighty, saving us from corruption and death. Therefore we cry out and sing: None is holy but You, O Lord and Lover of mankind.

Theotokos Hymn

O most holy and pure Lady: when you beheld the One whom you bore pierced with the spear,
you were pierced in your heart, and cried out in amazement: what reward has the violent crowd given You, O my Child?

R: O MOST HOLY THEOTOKOS: SAVE US.

Ineffably taking upon Himself from you, O Theotokos, my changing and mortal flesh, the Good One united it eternally to Himself, making it incorruptible.

As they behold God made flesh of you, O Virgin, the choirs of angels are struck with awe and wonder, And with unceasing hymns they honour you as Theotokos.

The prophet Daniel was amazed as he beheld you, the living mountain from which a stone was cut without the hand of man, breaking with its might the altars of demons, O Mother of God.

No mortal word or tongue can worthily praise you, O Virgin. For Christ the Giver of life

was pleased to be made flesh from you without seed, all-pure One.

ODE FOUR:

FIRST CANON

IRMOS:
THE HOLY CHURCH SINGS IN REVERENT WORSHIP:
CHRIST IS MY STRENGTH, MY GOD AND MY LORD.
RAISING HER VOICE IN PURITY OF REASON
AND KEEPING FEAST IN THE LORD.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
Truly, Christ, the Tree of Life has blossomed, for the Cross, planted in the earth, fed with blood and water from Your pure side, has put forth life for us.

The lying whisper of the serpent is no more: You shall be like God. For Christ, divine Creator of mankind's nature, has opened without hindrance before me the pathway of life.

Theotokos Hymn

O ever-virgin Theotokos: the mysteries of your divine child bearing are truly ineffable and beyond the comprehension of heaven and earth.

SECOND CANON

IRMOS:
HABAKKUK FORESAW YOUR DIVINE EMPTYING ON THE CROSS,
AND HE CRIED OUT IN ECSTASY:
YOU SHATTERED THE MIGHT OF THE STRONG, O GOOD ONE,
AND AS ALL-POWERFUL, CAME TO THOSE IN HADES.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
We venerate Your precious Cross, O Christ, the nails, the holy spear, the reed and crown of thorns: these all delivered us from the corruption of hades.

The tomb received You, O Saviour, of Your own will, dead indeed for us, but it could not hold You in any way, O Word: as God You are risen, saving our nature.

Theotokos Hymn

O Ever-virgin Theotokos: you bore Christ the Saviour for mortals. We run to your holy protection in faith. Save us from danger and torments.

ODE FIVE:

FIRST CANON

IRMOS:
I ENTREAT YOU, O WORD OF GOD:
IN YOUR GOODNESS, ENLIGHTEN WITH DIVINE LIGHT
THE SOULS OF THOSE WHO SEEK YOU EARLY WITH LOVE,
THAT THEY MAY KNOW YOU TO BE THE TRUE GOD,
FOR YOU CALL THEM BACK FROM THE DARKNESS OF TRANSGRESSIONS.

R: GLORY, LORD, TO YOUR HOLY RESURRECTION.

Tropars:
The Cherubim now withdraw from me, and the flaming sword turns back, beholding You, O Master, for You, O Word of God, and God indeed, make straight a path for the thief to Paradise.

I no longer fear my return to the dust, O Master Christ, for in Your compassion, by Your Resurrection, You have led me, lost and forgotten, from the dust to heights of incorruption.

Theotokos Hymn

O Queen of creation: save those who confess you from the heart to be the Theotokos, for we have gained you, who are the Mother of God indeed, as our invincible protection.

SECOND CANON

IRMOS:
ISAIAH, BEHOLDING THE LIGHT THAT KNOWS NO EVENING—
YOUR COMING, O CHRIST, IN YOUR GREAT LOVE FOR US—
ROSE AT EARLY DAWN AND CRIED OUT:
THE DEAD SHALL ARISE,
AND THOSE IN THE TOMBS SHALL BE RAISED UP,
AND ALL THOSE BORN ON EARTH SHALL REJOICE.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
After disobeying Your command, O good Lord, Adam, deceived by eating of the tree in Eden, slipped into corruption. But in Your obedience to the Father, O Saviour, You restored him to his first beauty by the tree of the Cross.

The power of death has been destroyed by Your death, O good One. The fountain of Life flows for us, bestowing immortality. Therefore we venerate Your tomb and Resurrection in faith, by which, as God, You have enlightened the world.

Theotokos Hymn

The Lord and Creator of all Who dwells in the heavens, ineffably came to dwell in your

womb. He made you more glorious than the heavens, O spotless One, more holy than the ranks of immaterial hosts: therefore we on earth now bless you.

ODE SIX:

FIRST CANON

IRMOS:

BEHOLDING THE RAGING SEA OF LIFE
WITH ITS ROUGH WATERS OF TEMPTATION,
I RUN TOWARDS YOUR CALM HAVEN AND CRY ALOUD TO YOU:
LEAD UP MY LIFE FROM CORRUPTION, O GREATLY MERCIFUL ONE.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

Crucified, O Lord, by the nails which fastened You, You annulled the curse against us ; pierced in the side by the spear, You tore up the scroll written against Adam, and set the whole world free.

Deception tripped Adam by the heel, and brought him down to the pit of corruption, but You, O God, who are compassion by nature, came down, seeking him, and lifting him upon Your shoulders, You raised him up with Yourself.

Theotokos Hymn

O All-pure Lady: you brought forth for mortals their Lord and Pilot. Still the ceaseless tumult of the sea of my passions, and grant my heart calm tranquillity.

SECOND CANON

IRMOS:

JONAH WAS CONFINED IN THE DEPTHS OF THE WHALE,
YET HE WAS NOT DETAINED,
FOR HE BORE IN TYPE YOUR PASSION AND BURIAL
AND COMING FORTH FROM THE SEA MONSTER AS A BRIDEGROOM FROM HIS CHAMBER,
HE CRIED OUT TO THE WATCHMEN:
YOU HAVE GUARDED AN EMPTY LIE AND LET GO COMPASSION.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

The mob of the people were slayers of Christ and of the prophets ; unafraid to kill the prophets of old, Your mystical rays of the truth, so now, urged on by jealousy, they killed the Lord whom those prophets proclaimed. But His death has become life for us.

The tomb confined You, O Saviour and Word, yet did not detain You ; for You willingly

tasted of death, but as God You arose immortal, raising up with Yourself those held in the bondage of hades, changing the women's grief to joy.

Theotokos Hymn

The pure Virgin spoke: Your flesh in the hour of Your Passion appeared despised and rejected by mankind ; Your divinity was shown to David as radiant with beauty. Yet You have dashed in pieces the strength of the enemy with the sceptre of Your kingdom. O my Son and my God: rise from the grave.

KONTAK:

WHEN CHRIST GOD THE GIVER OF LIFE
RAISED ALL OF THE DEAD FROM THE VALLEYS OF MISERY WITH HIS MIGHTY HAND,
HE BESTOWED RESURRECTION ON THE HUMAN RACE.//
HE IS THE SAVIOUR OF ALL, THE RESURRECTION, THE LIFE, AND THE GOD OF ALL.

IKOS:

Let us, the faithful, praise and venerate the tomb of the Giver of Life. For You, O Immortal One, have as almighty God bound hades, by raising up the dead with Yourself, destroying death and shattering the gates of hades. Therefore we who dwell on earth glorify You with love, for You are risen, overthrowing the might of the all-destroying enemy, raising all
who have put their faith in You, and delivering the world from the sting of the serpent. You have saved us from the deceit of the enemy, O almighty One. Therefore we sing the praises of Your Resurrection, through which You have saved us,//
THE RESURRECTION, THE LIFE, AND THE GOD OF ALL.

ODE SEVEN:

FIRST CANON

IRMOS:
AN ANGEL MOISTENED THE FURNACE WITH DEW FOR THE HOLY CHILDREN,
BUT THE COMMANDMENT OF GOD CONSUMED THE CHALDÆANS WITH FIRE,
MAKING THE TYRANT CRY ALOUD:
BLESSED ARE YOU, O GOD OF OUR FATHERS.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
The sun, lamenting Your Passion, wrapped itself in darkness. The light of day was hidden over the whole of the earth which cried out: Blessed are You, O God of our fathers.

Your descent, O Christ, clothed the underworld in splendour. Our first father beheld the light,
and springing up with a joyful heart, he danced and cried aloud: Blessed are You, O God of our fathers.

Theotokos Hymn

Light and joy have risen for all the world through you, O Virgin Mother, for you have borne God, the Creator of all. Beseech Him for us, O all-pure One, to send down great mercy on your faithful people.

SECOND CANON

IRMOS:

O WONDER, SURPASSING THOUGHT.
HE WHO DELIVERED THE HOLY CHILDREN FROM THE FLAMES OF THE FURNACE
IS LAID LIFELESS IN THE GRAVE FOR THE SALVATION OF US WHO SING:
BLESSED ARE YOU, O GOD OUR REDEEMER.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

O unheard-of providence. He who delivered Israel from bondage to Pharaoh, loosing the cords of sin is willingly crucified by the one he delivered. We sing to Him in faith: Blessed are You, O God our Redeemer.

The lawless people impiously crucified You, the Saviour, on the place of the skull. You shattered the gates and bars of bronze for the salvation of us who sing: Blessed are You, O God our Redeemer.

Theotokos Hymn

When you bore the deliverance of Eve, O pure Virgin, you loosed Adam from the ancient curse. Therefore, with the angels we sing to you, praising you with your Son as we cry aloud:
Blessed are You, O God our Redeemer.

ODE EIGHT: *May be sung as stikhs on the Song of the Three Children*

FIRST CANON

IRMOS:

YOU POURED DEW FROM THE FLAMES UPON THE HOLY YOUTHS
AND BURNED THE WATER POURED ON THE SACRIFICE BY YOUR RIGHTEOUS SERVANT,
FOR YOU, CHRIST, DO ALL THINGS BY THE POWER OF YOUR WILL ALONE
AND WE EXALT YOU ABOVE ALL FOREVER.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

Jealousy, which made the people killers of prophets, brought them finally to be killers of God.
They hung You upon the Cross, O Word of God, Whom we exalt above all forever.

Without forsaking the vaults of heaven, You descended to hades, raising up with Yourself
all of mankind that lay in corruption and who exalt You above all forever.

Theotokos Hymn

You conceived the light-giving Word from Light. You ineffably bore Him, and are glorified,
for the divine Spirit dwelt in you and therefore we exalt you above all forever.

SECOND CANON

IRMOS:

STAND IN AWE AND TREMBLE, O HEAVENS,
AND SHAKE, O FOUNDATIONS OF THE EARTH:
FOR BEHOLD, THE ONE WHO DWELLS IN THE HIGHEST
IS COUNTED AMONG THE DEAD.
HE IS DETAINED IN A SMALL GRAVE AS A STRANGER.
BLESS HIM, O CHILDREN, AND PRAISE HIM, O PRIESTS.
EXALT HIM, O PEOPLE, THROUGHOUT THE AGES.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

Every ear listened in awe when the Most High came willingly to earth to master the strength of hades through the Cross and the tomb and to raise all mankind to cry out: Bless Him, O children, and praise Him, O priests. Exalt Him, O people, throughout the ages.

The tyranny of hades has ended, and his royal pomp is destroyed. For the God of all established the Cross upon the earth, laying his kingdom in ruins. Bless Him, O children, and praise Him, O priests. Exalt Him, O people, throughout the ages.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.

Your love for mankind is ineffable, O Christ, and Your goodness past telling. For beholding me, perishing in hades, You rescued me by enduring the Passion. Therefore we bless You, the Master of all, and exalt You above all forever.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

THE MAGNIFICAT, CANTICLE NINE, IS SUNG

ODE NINE:

FIRST CANON

IRMOS:

NO ONE IS ABLE TO SEE GOD
UPON WHOM THE HOSTS OF ANGELS DARE NOT GAZE,
YET THROUGH YOU, O PURE ONE, THE WORD MADE FLESH WAS SEEN BY MANKIND.
TOGETHER WITH THE RANKS OF HEAVEN WE MAGNIFY HIM AND CALL YOU BLESSED.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

You remained free from passions, O Lord, when in the flesh You associated with passions. And You freed mankind from passion, O Saviour, when You made passion suffer, for You alone are impassible and almighty.

Undergoing the corruption of death, O Lord, You kept Your body from tasting corruption, and Your life-giving, divine soul was not left in hades, O Master, but arising from sleep, You raised us up with Yourself.

R: GLORY TO YOU, O HOLY TRINITY, OUR GOD.

With pure lips we mortals glorify God the Father and God the Son who with Him has no beginning, and we honour the glorious power of the all-holy Spirit ; for You are the One, all-powerful, undivided Trinity.

SECOND CANON

IRMOS:

DO NOT LAMENT, O MOTHER,
BEHOLDING THE SON YOU CONCEIVED WITHOUT SEED LYING IN THE TOMB.
FOR I SHALL ARISE AND BE GLORIFIED,
AND AS GOD I SHALL EVER RAISE UP INTO GLORY
THOSE WHO MAGNIFY YOU IN FAITH AND LOVE.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

You descended into the tomb as a mortal man, yet You destroyed the power of hades, O Giver of Life, raising with Yourself the dead it had swallowed, and granting resurrection to those who magnify You in faith and love.

Let creation rejoice and blossom as the lily, for Christ has risen as God from the dead. We cry out: O Death, where is your sting? O Hades, where is your victory? The compassionate One has raised up our horn, and cast you down to the earth.

Theotokos Hymn

O Most pure Lady: you carried the One who carries all creation, and you held in your arms
the One who delivered us from the arms of the enemy ; and you beheld, lifted up on the Cross, the One who raised us up from the pit of wickedness.

THE PRAISES:

WE PLACE OUR TRUST IN YOUR CROSS, O LORD,
AS LIFE AND RESURRECTION FOR YOUR PEOPLE.
WE PRAISE YOU, OUR RISEN GOD://
HAVE MERCY ON US.

YOUR BURIAL, O MASTER,
HAS OPENED PARADISE FOR THE HUMAN RACE,
AND HAVING BEEN DELIVERED FROM CORRUPTION,
WE PRAISE YOU, OUR RISEN GOD://
HAVE MERCY ON US.

LET US PRAISE CHRIST, WHO IS RISEN FROM THE DEAD,
WITH THE FATHER AND THE SPIRIT.
LET US CRY OUT TO HIM:
YOU ARE OUR LIFE AND RESURRECTION://
HAVE MERCY ON US.

YOU ROSE FROM THE GRAVE ON THE THIRD DAY, O CHRIST,
AS IT HAD BEEN WRITTEN,
RAISING OUR FOREFATHER WITH YOURSELF.
THEREFORE ALL MANKIND GLORIFIES YOU,//
AND PRAISES YOUR RESURRECTION.

The Anatolian stikhs

THE MYSTERY OF YOUR RESURRECTION IS GREAT AND DREADFUL, O LORD.
FOR AS A BRIDEGROOM COMING FROM HIS CHAMBER,
YOU PROCEEDED FROM THE GRAVE, TRAMPLING DOWN DEATH BY DEATH TO DELIVER ADAM.
THEREFORE THE ANGELS EXULT IN HEAVEN,
AND MANKIND ON EARTH GLORIFIES THE COMPASSION YOU HAVE SHOWN US,//
O LOVER OF MANKIND.

WHERE ARE THE SEALS AND THE SILVER PIECES
WHICH YOU HANDED TO THE WATCHMEN, O WICKED ONES?
THE TREASURE WAS NOT STOLEN, BUT AROSE AS POWERFUL.
YOU HAVE DENIED CHRIST AND BEEN PUT TO SHAME.
THE LORD OF GLORY WHO SUFFERED WAS BURIED
AND IS RISEN FROM THE DEAD.//

LET US ADORE HIM.

SINCE THE TOMB WAS SEALED,
HOW COULD YOU BE ROBBED, O JEWS?
YOU PLACED THE WATCH AND FIXED THE SEALS:
THE KING HAS PASSED THROUGH CLOSED DOORS.
EITHER PRODUCE HIM AS DEAD,
OR WORSHIP HIM AS GOD, SINGING WITH US://
GLORY, O LORD, TO YOUR CROSS AND RESURRECTION.

THE MYRRH BEARING WOMEN REACHED YOUR TOMB WITH LOUD LAMENTATIONS.
SEEKING TO ANOINT YOUR MOST PURE BODY,
THEY FOUND A RADIANT ANGEL SITTING OH THE STONE.
HE SPOKE TO THEM AND SAID:
WHY DO YOU MOURN FOR THE ONE WHO HAS CAUSED LIFE TO FLOW FROM HIS SIDE TO THE WORLD?
WHY DO YOU SEEK THE IMMORTAL AMONG THE DEAD IN A TOMB?
BUT GO QUICKLY TO TELL HIS DISCIPLES
THE WHOLE JOY OF HIS GLORIOUS RESURRECTION.
ENLIGHTEN US ALSO, O SAVIOUR://
GRANT US FORGIVENESS AND GREAT MERCY.

GLORY...
GOSPEL HYMN

NOW AND EVER... TONE 2

YOU ARE MOST BLESSED...

SUNDAY MATINS:

ANOTHER CANON, TO THE THEOTOKOS

ODE ONE:

IRMOS:
CROSSING THE DEEP ON FOOT AS IF IT WERE DRY LAND,
ISRAEL LOOKED ON THE PURSUING PHARAOH AS HE DROWNED AND CRIED ALOUD:
LET US SING A SONG OF VICTORY TO GOD.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
By taking fruit from the forbidden tree, Eve brought the curse on us. But you have loosed it, O pure One, by bearing Christ, the first-fruit of blessing.

O Pure One: you gave birth to Christ, the Pearl of divine lightning. Disperse by the light of your radiance, the mists of my passion and the tumult of sins.

Jacob secretly foresaw with the eyes of the mind, the expectation of the nations made flesh of you: the God who delivers us by your intercession.

When the princes of the tribe of Judah ceased, your Son and God, O purest One, came forth as Ruler, now reigning in fulfilment to the ends of the earth.

ODE THREE:

IRMOS:
NONE IS HOLY BUT YOU, O LORD,
OUR GOD WHO HAS RAISED UP THE HORN OF YOUR FAITHFUL IN YOUR GOODNESS,
ESTABLISHING US UPON THE ROCK OF YOUR CONFESSION.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
Ineffably taking upon Himself from you, O Theotokos, my changing and mortal flesh, the Good One united it eternally to Himself making it incorruptible.

As they behold God made flesh of you, O Virgin, the choirs of angels are struck with

awe and wonder, and with unceasing hymns they honour you as Theotokos.

The prophet Daniel was amazed as he beheld you, the living mountain from which a stone was cut without the hand of man, breaking with its might the altars of demons, O Mother of God.

No mortal word or tongue can worthily praise you, O Virgin ; for Christ the Giver of life was pleased to be made flesh from you without seed, all-pure One.

ODE FOUR:

IRMOS:
THE HOLY CHURCH SINGS IN REVERENT WORSHIP,
RAISING HER VOICE IN PURITY OF REASON
AND KEEPING FEAST IN THE LORD:
CHRIST IS MY STRENGTH, MY GOD AND MY LORD.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
We have been saved through you, O pure One ; we sing our hymns to you. We cry out, reverently praising the undefiled One in song: Blessed are you, O ever-Virgin, who gave birth to God.

O Most blessed Virgin: you have borne the never-setting light, shining through your flesh to those in the darkness of life, pouring out joy on those who sing your praises.

Grace has blossomed through you, O all-holy One, and the law has ceased, for you bore the Lord who grants forgiveness, O pure and ever-Virgin.

ODE FIVE:

IRMOS:
IN YOUR GOODNESS, ENLIGHTEN WITH DIVINE LIGHT
THE SOULS OF THOSE WHO SEEK YOU EARLY WITH LOVE,
THAT THEY MAY KNOW YOU TO BE THE TRUE GOD:
I ENTREAT YOU, O WORD OF GOD,
FOR YOU CALL THEM BACK FROM THE DARKNESS OF TRANSGRESSIONS.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
Shining radiantly with purity, all mankind sings your praises. For you became the dwelling place of the Master ; you alone were shown to be the true Mother of God, Whom you carried as a Babe in your arms.

Arrayed in the spiritual beauty of your soul, sealed with virgin integrity, you became the Bride of God, shining on the world in the splendour of purity.

Let the ungodly lament—those who do not proclaim you openly to be the Mother of God—for you are revealed to us as the gateway of God, Who shines forth, dispersing the deep gloom of sin.

ODE SIX:

IRMOS:
BEHOLDING THE RAGING SEA OF LIFE
WITH ITS ROUGH WATERS OF TEMPTATION,
I RUN TOWARDS YOUR CALM HAVEN AND CRY ALOUD TO YOU:
LEAD UP MY LIFE FROM CORRUPTION, O GREATLY MERCIFUL ONE.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
Moses, great among the prophets, proclaimed you in symbols in days of old as the Tabernacle and the Table, the candlestick and vessel of Gold, signifying the Incarnation of the Most High from you, O Virgin Mother.

Death attacked your Child, O Lady, and was put to death, and corruption, Adam's curse, was abolished, for you brought forth the Life that delivers from corruption all who sing your praises, O Virgin Mother.

The shadow of the law passed when the grace of your inconceivable child-bearing came: the Birth of our God and Saviour, was revealed to me.

ODE SEVEN:

IRMOS:
AN ANGEL MOISTENED THE FURNACE WITH DEW FOR THE HOLY CHILDREN,
BUT THE COMMANDMENT OF GOD CONSUMED THE CHALDÆANS WITH FIRE,
MAKING THE TYRANT CRY ALOUD:
BLESSED ARE YOU, O GOD OF OUR FATHERS.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
The fiery furnace, which did not burn the three children, prefigured your child-bearing ; for the divine fire dwelt in you without burning you, and teaching us all to cry aloud: Blessed are You, O God of our fathers.

All the ends of the earth call you blessed, as you foretold, enlightened by the radiance of

your beauty and grace, crying out, O all-pure Mother: Blessed are You, O God of our fathers.

The evil serpent bit me with his deadly fangs, but your Son broke them, O Theotokos, giving me the strength to cry aloud: Blessed are You, O God of our fathers.
Only-blessed One of God: you are the mercy seat of human nature. You bear in your arms the God who sits on the shoulders of cherubim, and you cry out: Blessed are You, O God of our fathers.

ODE EIGHT:

IRMOS:
YOU POURED DEW FROM THE FLAMES UPON THE HOLY YOUTHS
AND BURNED THE WATER POURED ON THE SACRIFICE BY YOUR RIGHTEOUS SERVANT,
FOR YOU, O CHRIST, DO ALL THINGS BY THE POWER OF YOUR WILL ALONE
AND WE EXALT YOU ABOVE ALL FOREVER.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
All-holy One: your Son has decked you with gold-woven robes in the radiant light of the Spirit. At His right hand, He placed you as Queen. We exalt Him throughout the ages.

He, whose will alone established the universe borrowed flesh from your pure womb, for He willed to form it anew. We exalt Him throughout the ages.

From the union of the Word with me, a human person, you, O pure One, became a holy dwelling place, shining clearly with the radiance of virginity. Therefore we sing your praises throughout the ages.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.

The golden candlestick prefigured you, for you ineffably conceived the unapproachable Light ;
the Light which enlightens all with the knowledge of Himself. We sing to you, O pure One, throughout the ages.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

ODE NINE:

IRMOS:
NO ONE IS ABLE TO SEE GOD,
UPON WHOM THE HOSTS OF ANGELS DARE NOT GAZE;
YET THROUGH YOU, O PURE ONE, THE WORD MADE FLESH WAS SEEN BY MANKIND.
TOGETHER WITH THE RANKS OF HEAVEN WE MAGNIFY HIM AND CALL YOU BLESSED.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
A star arose from Jacob, shining with the radiance of divinity upon those held fast in deep darkness: Christ God the Word, made flesh through you, O all-pure One. Enlightened by Him, with the armies of heaven, we cry out and call you blessed.

Given courage by your power and grace, I have eagerly fashioned a song for you from my heart. Accept it, O pure Virgin, granting manifold grace from your incorruptible treasures,
O blessed One of God.

O Virgin: you are the loom of divinity, on which the Word wove the robe of His body, thus making my form divine. He clothed Himself with it, saving us all who magnify you with a purified mind.

Through your ineffable conceiving, resurrection was given to the dead, O all-pure Theotokos
for Life, clothed in the flesh taken from you, shone on all, releasing them from the darkness and gloom of death.

SUNDAY VESPERS:

LORD I CALL:

Stikhs of repentance by the monk Joseph

I WANDER IN SIN EVERY HOUR OF THE DAY:
HUMBLE MY THOUGHTS AND GIVE ME TEARS OF REPENTANCE, O SAVIOUR,
THAT I MAY WASH AWAY THE EVIL FILTH OF MY SOUL.
YOUR MOTHER PRAYS FOR THIS WITH THE CHOIR OF ANGELS,//
AND WE KNOW YOU AS THE LOVER OF MANKIND.

COME, O MY SOUL, AND REPENT OF THE MANY SINS
YOU HAVE COMMITTED IN YOUR LIFE.
PRAY TO THE HOSTS OF ANGELS WITH TEARS AND SIGHS
THAT TIME MAY BE GIVEN YOU TO REPENT,
THAT YOU NOT BE CAST OUT LIKE THE BARREN FIG TREE//
INTO THE TORMENTING FLAMES OF HELL.

I HAVE NOT OBEYED A SINGLE COMMAND ON THIS EARTH.
HOW THEN SHALL I APPEAR TO ANSWER BEFORE YOUR THRONE
WHEN YOU WILL SIT IN JUDGEMENT OF ALL I HAVE DONE
BOTH IN KNOWLEDGE AND IN IGNORANCE?
THEREFORE I CRY TO YOU, O CHRIST:
SAVE ME THROUGH THE PRAYERS OF YOUR SERVANTS,//
FOR I HAVE GONE ASTRAY.

Glory... Now and ever....

Theotokos Hymn

AT THE WORD OF THE ARCHANGEL, O THEOTOKOS,
IN YOUR WOMB YOU CONCEIVED THE WORD,
THE ONE WHO EXISTED FROM ALL ETERNITY
WITH THE FATHER AND THE SPIRIT.//
YOU ROSE HIGHER THAN THE CHERUBIM, THE SERAPHIM, AND THE THRONES.

APOSTIKHA:

Stikhs of repentance

AT YOUR TERRIBLE COMING, O CHRIST,
MAY WE NOT HEAR THE WORDS: I KNOW YOU NOT.
FOR WE HAVE PUT OUR HOPE IN YOU,
AND IF THROUGH NEGLECT WE HAVE NOT KEPT YOUR COMMANDS,//
YET WE ENTREAT YOU TO HAVE MERCY ON OUR SOULS.

I HAVE NOT GAINED REPENTANCE OR TEARS,
THEREFORE I ENTREAT YOU, O CHRIST GOD:
TURN ME BACK BEFORE I DIE,//
THAT I MAY FIND MERCY AND BE DELIVERED FROM TORMENTS.

To the martyrs

YOUR MARTYRS, O LORD,
DID NOT DENY YOU,
NOR DID THEY TURN FROM YOUR COMMANDMENTS.//
BY THEIR INTERCESSIONS HAVE MERCY ON US.

Glory... Now and ever...

Theotokos Hymn

LET US THE FAITHFUL SING WITH THE ARCHANGEL
TO THE SEALED DOOR AND HEAVENLY CHAMBER:
REJOICE, O LADY,
THROUGH WHOM CHRIST THE SAVIOUR OF ALL CAME FORTH FOR US,
THE GOD AND GIVER OF LIFE.
DEFEAT OUR GODLESS ENEMIES AND THOSE WHO TORMENT US, O PURE ONE,//
HOPE OF ALL CHRISTIANS.

MONDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN: *of repentance*

I THINK UPON THE FEARFUL DAY AND LAMENT MY EVIL ACTS.
WHAT ANSWER SHALL I GIVE TO THE IMMORTAL KING?
WHAT BOLDNESS WILL I, THE PRODIGAL, HAVE TO GAZE UPON THE JUDGE?
O COMPASSIONATE FATHER,
ONLY-BEGOTTEN SON AND HOLY SPIRIT://
HAVE MERCY ON ME.

V: O Lord: rebuke me not in Your anger.

IN THE VALLEY OF LAMENTATION,
IN THE PLACE YOU HAVE APPOINTED,
WHEN YOU SHALL SIT, O MERCIFUL LORD,
TO EXECUTE JUST JUDGEMENT,
DO NOT PUBLISH MY SECRET SINS;
DO NOT CONDEMN ME BEFORE THE ANGELS,
BUT SPARE ME, O MY GOD,//
AND HAVE MERCY ON ME.

Glory... Now and ever...

Theotokos Hymn

WITH OUR WHOLE HEART AND NEVER SILENT VOICES,
LET US PRAISE THE MOST GLORIOUS MOTHER OF GOD.
SHE IS MORE HOLY THAN THE HOLY ANGELS.
LET US CONFESS HER AS THEOTOKOS,
FOR IN VERY TRUTH SHE GAVE BIRTH TO GOD MADE FLESH,//
AND WITHOUT CEASING SHE PRAYS FOR OUR SOULS.

After the final reading from the Psalter:

SESSIONAL HYMN: *of repentance*

O MY SOUL: YOU PASS YOUR ENTIRE LIFE HEEDLESSLY;
YOU FORGET THE TERRIBLE DAY OF JUDGEMENT.
AWAKEN AND CHOOSE REPENTANCE.
COME BEFORE CHRIST AND CRY OUT TO HIM:

O LORD AND GOD OF LOVE,//
DO NOT REMEMBER THE GREAT NUMBER OF OUR SINS WHEN YOU COME TO JUDGE US.

V: Wonderful is God in His saints: the God of Israel.

THERE IS LIGHT AT ALL TIMES FOR THE RIGHTEOUS.
FOR ILLUMINED BY YOU,
THE SAINTS EVER SHINE AS THE STARS OF HEAVEN.
THEY DARKEN THE LAMP OF THE GODLESS.//
AT THEIR PRAYERS, O MY LORD AND SAVIOUR, MAKE MY LAMP SHINE AND SAVE ME.

Glory... Now and ever...

Theotokos Hymn

WITH OUR WHOLE HEART AND NEVER-SILENT VOICES,
LET US PRAISE THE GLORIOUS MOTHER OF GOD,
WHO IS HOLIER THAN THE ANGELS.
LET US CONFESS HER TO BE THE THEOTOKOS,
FOR IN TRUTH SHE GAVE BIRTH TO GOD IN THE FLESH//
AND SHE EVER PRAYS FOR OUR SOULS.

APOSTIKHA:

Stikhs of repentance

O SAVIOUR: HEAL THE WOUNDS OF MY HEART
LEFT BY MY MANY SINS.
O PHYSICIAN OF SOULS AND BODIES:
GRANT FORGIVENESS OF FAULTS TO THOSE WHO ASK.
EVER GIVE ME TEARS OF PENITENCE,
RELEASING ME FROM WHAT I OWE YOU, O LORD,//
AND HAVE MERCY ON ME.

FINDING ME NAKED OF VIRTUES,
THE ENEMY WOUNDED ME WITH THE ARROW OF SIN,
BUT AS PHYSICIAN OF SOULS AND BODIES,
HEAL THE WOUNDS OF MY SOUL, O GOD,//
AND HAVE MERCY ON ME.

O LORD: ALL CREATION FEASTS
IN THE MEMORY OF YOUR SAINTS.
HEAVEN REJOICES WITH ANGELS AND EARTH CELEBRATES WITH MANKIND.//
BY THEIR PRAYERS, HAVE MERCY ON US.

Glory... Now and ever...

Theotokos Hymn

YOU ACCEPTED THE WORD OF THE ARCHANGEL,
AND WERE REVEALED AS THE THRONE OF THE CHERUBIM.
O THEOTOKOS: YOU HELD IN YOUR ARMS//
THE HOPE OF OUR SOULS.

MONDAY VESPERS:

LORD I CALL:

Stikhs of repentance

WHO WILL NOT WEEP FOR ME,
A TRANSGRESSOR OF THE COMMANDS OF THE LORD?
I FIND MYSELF IN BITTERNESS
THROUGH UNRESTRAINED GAZING AT DEADENING PLEASURES.
BECAUSE OF THIS I AM CUT OFF FROM LIFE AND THE GLORY OF GOD.
BUT ACCEPT ME IN REPENTANCE, O LORD,//
FOR THE SAKE OF YOUR GREAT MERCY.

BEHOLD MY SICKNESS AND MY SORROW,
THE MANY TRANSGRESSIONS WHICH CAUSE TURMOIL IN MY SOUL;
BEHOLD MY MIND'S BEWILDERMENT,
AND UNDERSTAND THE VOICE OF ONE FORSAKEN AND JUDGED.
GRANT ME A CONTRITE SOUL AND HUMBLE HEART, O LORD,
BESTOW ON ME THE GIFT OF TEARS,
GRANTING ME THE REMISSION OF MY MANY SINS//
FOR THE SAKE OF YOUR GREAT MERCY.

YOU DESIRE THAT ALL MANKIND BE SAVED, O GOD,
THEREFORE CONSIDER AND HEAR MY PRAYERS.
DO NOT DESPISE MY TEARS AS THOUGH THEY ARE VAIN,
FOR WHO HAS COME TO YOU WITH TEARS AND NOT BEEN SAVED?
WHO HAS CRIED TO YOU FERVENTLY AND NOT BEEN HEARD?
BUT YOU HASTEN TO SAVE THOSE WHO CALL UPON YOU, O MASTER,//
IN YOUR GREAT AND UNSURPASSABLE MERCY.

Glory... Now and ever...

Theotokos Hymn

THE REMEMBRANCE OF WRONGS IS A SIGN OF ANGER,
AND IRRITATION IS A MANIFESTATION OF WRATH.
BECAUSE OF THESE, TERRIBLE INSULTS COME WITHOUT SHAME FROM THE MOUTH.
IT IS WRITTEN: THE PERSON WHO ACTS THUS IS LIABLE TO THE FIRE OF GEHENNA.
THEREFORE, WATCH, O MY SOUL:
FLEE FROM BITTER IRRITATION, WRATH, MALICE AND INSULT
AND EVERY POISONOUS WORD.

CRY OUT TO THE THEOTOKOS://
SAVE ME, O MY LADY.

APOSTIKHA:

Stikhs of repentance:

AT YOUR TERRIBLE COMING, O CHRIST,
MAY WE NOT HEAR THE WORDS: I KNOW YOU NOT.
FOR WE HAVE PUT OUR HOPE IN YOU.
AND IF THROUGH NEGLECT WE HAVE NOT KEPT YOUR COMMANDS,//
YET WE ENTREAT YOU TO HAVE MERCY ON OUR SOULS.

I HAVE NOT GAINED REPENTANCE OR TEARS,
THEREFORE I ENTREAT YOU, O CHRIST GOD:
TURN ME BACK BEFORE I DIE,//
THAT I MAY FIND MERCY AND BE DELIVERED FROM TORMENTS.

To the martyrs:

THOSE WHO SUFFERED MARTYRDOM FOR YOUR SAKE, O CHRIST,
ENDURED GREAT TORMENTS.
THEY RECEIVED AS THEIR REWARD A PERFECT CROWN IN THE HEAVENS,//
THAT THEY MIGHT INTERCEDE FOR OUR SOULS

Glory... Now and ever...

Theotokos Hymn

O THEOTOKOS AND VIRGIN:
YOU ARE THE TRANSFORMATION OF THE AFFLICTED
AND THE DELIVERANCE OF THE WEAK.
ONLY PROTECTOR OF THE FAITHFUL:
YOU BRING PEACE TO THOSE IN BATTLE,
TRANQUILLITY TO THOSE IN STORMS://
SAVE THIS COUNTRY AND PEOPLE.

TUESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

of repentance

GIVE ME, O LORD, THE WATCHFULNESS OF THE WISE VIRGINS,
AND MAKE THE LAMP OF MY SOUL BURN BRIGHTLY WITH THE OIL OF YOUR COMPASSION,
THAT I MAY SING TO YOU THE HYMN OF THE ANGELS://
ALLELUIA.

V: O Lord: rebuke me not in Your anger.

HAVE MERCY ON US, O LORD, HAVE MERCY ON US,
FOR LAYING ASIDE ALL EXCUSE,
WE SINNERS OFFER TO YOU, AS TO OUR MASTER, THIS SUPPLICATION://
HAVE MERCY ON US.

Glory... Now and ever...

Theotokos Hymn

O BLESSED THEOTOKOS:
OPEN THE DOORS OF COMPASSION TO US WHOSE HOPE IS IN YOU,
THAT WE MAY NOT PERISH BUT BE DELIVERED FROM ADVERSITY THROUGH YOU,//
FOR YOU ARE THE SALVATION OF THE CHRISTIAN PEOPLE.

After the final reading from the Psalter:

SESSIONAL HYMN: *to the Forerunner*

AS YOU SHOW ALL PEOPLE THE WAYS OF LIFE, O HOLY JOHN,
CRYING OUT: PREPARE YOUR HEARTS FOR THE LORD.
SAVE MY SOUL WHICH IS BURDENED BY SINS.
PENETRATE THE HARDNESS OF MY HEART WITH COMPUNCTION
AND SAVE ME FROM ETERNAL PUNISHMENT BY YOUR PRAYERS,//
FORERUNNER OF THE SAVIOUR.

V: Wonderful is God in His saints: the God of Israel.

THE SAINTS SUFFERED AND CONTENDED WITH PATIENT ENDURANCE
AND RECEIVED FROM YOU THE PRIZE OF VICTORY.
THEY LAID LOW THE SCHEMES OF THE TRANSGRESSORS,

AND WERE GRANTED CROWNS OF INCORRUPTION.
AT THEIR PRAYERS, O GOD,//
BESTOW ON US YOUR GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

I TAKE REFUGE IN YOU, O PURE VIRGIN, SEEKING SALVATION,
ALTHOUGH THE MULTITUDE OF MY SINS IS GREAT, O MOTHER OF GOD.
VISIT MY WEAKENED SOUL
AND ASK YOUR SON AND OUR GOD TO GRANT HIS PARDON FOR MY BASE DEEDS,
O ONLY VIRGIN,//
BLESSED AMONG WOMEN.

APOSTIKHA:

Stikhs of repentance

O SAVIOUR: HEAL THE WOUNDS OF MY HEART
LEFT BY MY MANY SINS.
O PHYSICIAN OF SOULS AND BODIES,
GRANT FORGIVENESS OF FAULTS TO THOSE WHO ASK.
EVER GIVE ME TEARS OF PENITENCE,
RELEASING ME FROM WHAT I OWE YOU, O LORD,//
AND HAVE MERCY ON ME.

FINDING ME NAKED OF VIRTUES,
THE ENEMY WOUNDED ME WITH THE ARROW OF SIN,
BUT AS PHYSICIAN OF SOULS AND BODIES,
HEAL THE WOUNDS OF MY SOUL, O GOD,//
AND HAVE MERCY ON ME.

to the martyrs

IF WE DID NOT HAVE YOUR SAINTS AS INTERCESSORS,
AND YOUR GOODNESS, O LORD, WHICH SHARES OUR SUFFERINGS,
HOW WOULD WE DARE, O SAVIOUR, TO SING PRAISES TO YOU
WHOM THE ANGELS UNCEASINGLY BLESS?//
AS YOU KNOW OUR HEARTS, SPARE OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

O PUREST VIRGIN THEOTOKOS:
NO ONE WHO RUNS TO YOU DEPARTS IN SHAME.
ONE WHO ASKS FOR GRACE RECEIVES THE GIFT,//
IN RESPONSE TO HIS WORTHY REQUEST.

TUESDAY VESPERS:

LORD I CALL:

Stikhs to the Cross

WHEN YOU WERE CRUCIFIED, O LONG SUFFERING LORD,
THE WHOLE EARTH TREMBLED,
BUT THE HEARTS OF THE FAITHFUL WERE MADE FIRM IN STRENGTH.
THEREFORE WE SING YOUR PRAISES,//
AND GLORIFY WITH LOVE YOUR INEFFABLE POWER.

BUFFETED AND SPAT UPON,
YOU STRUCK A BLOW, O CHRIST,
AT THE EVIL OF THE POISONOUS ENEMY,
PUTTING AN END TO THE FALL OF ADAM,//
WHO HAD BEEN ROBBED BY SEIZING KNOWLEDGE.

WHEN THEY BEHELD YOU, O LORD,
UNJUSTLY HUNG UPON THE WOOD, IN YOUR DESIRE TO SAVE US,
THE SUN WAS DARKENED, AND THE WHOLE EARTH QUAKED. //
THE ROCKS SPLIT IN TERROR.

Glory... Now and ever...

Theotokos Hymn

WHEN THE LAWLESS MEN NAILED YOU UNJUSTLY TO THE CROSS, O LORD,
YOUR BLESSED MOTHER LOOKED ON,
AND AS SIMEON HAD FORETOLD,//
A SHARP SWORD PIERCED HER HEART.

APOSTIKHA:

Stikhs to the Cross:

YOUR CROSS, O LORD,
IS LIFE AND RESURRECTION FOR YOUR PEOPLE.
AND WE WHO PUT OUR TRUST IN IT,
PRAISE YOU, OUR GOD CRUCIFIED IN THE FLESH.//
HAVE MERCY ON US.

YOUR CROSS, O CHRIST,
HAS OPENED PARADISE FOR MANKIND,
AND WE DELIVERED FROM CORRUPTION,
PRAISE YOU, OUR GOD CRUCIFIED IN THE FLESH.//
HAVE MERCY ON US.

To the martyrs:

THE PASSION BEARING MARTYRS,
THOSE CITIZENS OF HEAVEN,
SUFFERED ON EARTH, ENDURING MANY TORTURES.//
BY THEIR INTERCESSIONS AND PRAYERS, PRESERVE US, O LORD.

Glory... Now and ever...

Theotokos Hymn

WHEN THE PURE THEOTOKOS SAW OUR LIFE HANGING ON THE CROSS,
SHE WEPT LIKE A MOTHER AND CRIED ALOUD:
MY SON AND MY GOD,//
SAVE THOSE WHO SING TO YOU IN LOVE.

WEDNESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN: *of the Cross*

TODAY THE WORDS OF THE PROPHET ARE FULFILLED:
FOR BEHOLD, O LORD, WE WORSHIP AT THE PLACE WHERE YOUR FEET HAVE STOOD.
TASTING FROM THE TREE OF SALVATION,
WE HAVE BEEN DELIVERED FROM OUR SINFUL PASSIONS
THROUGH THE INTERCESSIONS OF THE THEOTOKOS,//
O ONLY LOVER OF MANKIND.

V: Extol the Lord our God; worship at His footstool for He is holy.

YOUR CROSS, O LORD, IS HOLY,
AND BRINGS HEALING TO THOSE WHO ARE IN SICKNESS THROUGH THEIR SINS.
AS WE VENERATE IT, WE FALL BEFORE YOU://
HAVE MERCY ON US.

Glory... Now and ever...

Theotokos Hymn

WHEN THE EVER-VIRGIN MAIDEN WHO GAVE BIRTH TO YOU
SAW YOU RAISED FOR OUR SAKE ON THE CROSS,
A SWORD OF SORROW PIERCED HER SOUL,
AND SHE WEPT WITH THE GRIEF OF A MOTHER.
AT HER INTERCESSIONS, O LORD OF MERCY,//
HAVE MERCY ON US.

After the final reading from the Psalter:

SESSIONAL HYMN: *of the Cross*

THE FORBIDDEN TREE IN EDEN
BROUGHT DEATH TO THE FIRST ADAM,
WHILE THE TREE OF THE CROSS ON GOLGOTHA
MADE LIFE BLOSSOM FORTH.
ADAM WAS SEDUCED BY THE MALICE OF THE ENEMY,
BUT WHEN CHRIST WAS NAILED TO THE TREE,
HE FOUND GRACE AND RETURNED TO PARADISE, CRYING OUT://

BLESSED IS THE TREE OF THE CROSS.

V: Wonderful is God in His saints: the God of Israel.

PERSECUTED BY TYRANTS,
THE MARTYRS ENDURED AND SUFFERED BRAVELY IN THE ARENA.
NEAR THEM STOOD THE CHOIRS OF ANGELS,
HOLDING WREATHS OF VICTORY.
IN THEIR WISDOM THEY ASTONISHED RULERS AND KINGS
AND BY CONFESSING CHRIST THEY OVERTHREW THE DEVIL.
O LORD, WHO MADE THEM STRONG://
GLORY TO YOU.

Glory... Now and ever...

Theotokos Hymn

O MOTHER OF GOD AND BLESSED VIRGIN:
PRAY TO YOUR SON, CHRIST OUR GOD,
WHO ALLOWED HIMSELF TO BE NAILED TO THE CROSS TO DELIVER THE WORLD FROM ERROR,//
FOR THE SALVATION OF OUR SOULS.

APOSTIKHA:

Of the Cross

IN YOUR CROSS I POSSESS MY HOPE;
BOASTING IN IT, I CRY OUT:
CAST DOWN THE ARROGANCE OF THOSE WHO DO NOT CONFESS YOU AS
GOD AND MAN,//
O LORD AND LOVER OF MANKIND.

WE WHO ARE PROTECTED BY THE CROSS
ARE ABLE TO WITHSTAND THE ENEMY,
NOT FEARING HIS SNARES OR CUNNING;
FOR THE PROUD ONE WAS CAST DOWN AND TRAMPLED UNDER FOOT//
BY THE POWER OF CHRIST WHO WAS NAILED TO THE TREE.

To the martyrs

THE MEMORY OF THE MARTYRS
IS JOY TO THOSE WHO FEAR THE LORD.
HAVING CONTENDED FOR CHRIST AND RECEIVED CROWNS FROM HIM,//
THEY NOW BOLDLY INTERCEDE FOR OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

WHEN THE ALL-PURE ONE SAW YOU SUSPENDED ON THE CROSS,
SHE CRIED OUT WITH THE TEARS OF A MOTHER:
O MY SON AND MY GOD, MY SWEETEST CHILD://
HOW CAN YOU BEAR THIS MOST SHAMEFUL SUFFERING?

WEDNESDAY VESPERS:

LORD I CALL:

Stikhs to the Apostles

O DIVINE ONES WHO WERE WITNESSES OF GOD,
HIS DISCIPLES AND MINISTERS OF HIS GREAT MYSTERY:
YOU RECEIVED THE GRACE OF HEALING,//
AND CURE THE SICKNESS OF ALL MANKIND.

O APOSTLES OF THE LORD,
AND EYE-WITNESSES OF GOD:
YOU ARE THE MIGHTY REFUGE AND PROTECTION OF OUR SOULS,
DRIVING AWAY EVIL SPIRITS.//
THEREFORE WE EVER HONOUR YOU.

O BLESSED APOSTLES:
DELIVER FROM ALL CALAMITY AND HARM CAUSED BY THE DEVIL,
FROM TRANSGRESSION AND THE BONDAGE OF EVIL,//
THOSE WHO PRAISE YOU IN FAITH.

Glory... Now and ever...

Theotokos Hymn

THE EVIL ADVERSARY,
JEALOUS OF YOUR FLOCK, O MOST PURE ONE,
ALWAYS BATTLES AND DESIRES US AS FOOD FOR HIMSELF.//
BUT DELIVER US FROM THIS DANGER, O THEOTOKOS.

APOSTIKHA:

Stikhs to the apostles

YOUR APOSTLES, O LORD,
ONCE WENT DOWN TO THE BOTTOM OF THE SEA WITH THEIR NETS,
AND THEN, BECAUSE OF THEIR DECREES,
THEY ATTAINED THE TOP MOST HEIGHT OF THE KINGDOM.
FOR BY THEIR KNOWLEDGE OF THEIR CRAFT,
THEY EXPLORED THE UNFATHOMED DEEP,
WHILE BY THEIR FAITH THEY REACHED YOUR INFINITE BOSOM,
AND PROCLAIMED YOUR TIMELESS SON TO THE WORLD.//
BY THEIR INTERCESSIONS AND THOSE OF ALL THE SAINTS, HAVE MERCY ON US.

WHEN YOUR DISCIPLES, O CHRIST,
WERE CAUGHT BY A STORM IN THEIR SHIP,
THEY CRIED OUT TO YOU:
SAVE US, FOR WE PERISH, O TEACHER.
NOW WE TOO CRY OUT:
DELIVER US FROM OUR DISTRESS, WE PRAY YOU,//
O OUR SAVIOUR, THE LOVER OF MANKIND.

To the martyrs

YOUR CROSS, O LORD,
WAS AN INVINCIBLE WEAPON FOR THE MARTYRS.
THEY SAW DEATH BEFORE THEM,
BUT LOOKING TO THE LIFE THAT IS TO COME,
THEY WERE STRENGTHENED BY THEIR HOPE IN YOU.//
BY THEIR INTERCESSIONS HAVE MERCY ON US.

Glory... Now and ever...

Theotokos Hymn

O LADY; I LIFT UP THE EYE OF MY HEART TO YOU;
DO NOT DESPISE MY FEEBLE SIGHS
IN THE HOUR WHEN YOUR SON SHALL COME TO JUDGE THE WORLD,//
BUT BE MY HELPER AND PROTECTOR.

THURSDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN: *of the apostles*

AS YOU WERE PRESENT IN THE MIDST OF YOUR DISCIPLES AND GAVE THEM PEACE,//
COME ALSO NOW TO US AND SAVE US, O SAVIOUR.

Vs: Their voice has gone out into all the earth and their words to the ends of the universe.

YOUR DISCIPLES, O JESUS, WERE SENT TO THE ENDS OF THE EARTH,
AND IN THEIR ZEAL FOR THE TRUE FAITH,
THEY CAUGHT THE NATIONS LIKE FISH,
AND BROUGHT THEM AS AN OFFERING TO YOU, O LOVING LORD.
TRUSTING IN THEIR PRAYERS WE CRY OUT TO YOU://
GRANT YOUR PEOPLE GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

O HOLY LADY, MOTHER OF CHRIST OUR GOD:
YOU HAVE INEFFABLY BORNE THE MAKER OF ALL.
IN UNITY WITH THE HOLY APOSTLES,
PRAY TO HIM AT ALL TIMES,
THAT IN HIS LOVE HE MAY RELEASE US FROM THE PASSIONS//
AND GRANT US REMISSION OF OUR SINS.

After the final reading from the Psalter:

SESSIONAL HYMN: *to the apostles*

FILLING THEIR BOATS THROUGH THE NET OF FAITH,
THE FISHERS OF MEN HAVE DRAWN OUT FROM THE DEPTHS OF ERROR
ALL THOSE WHO THEY OFFERED TO GOD,//
AS WORSHIPPERS WHO EVER MAGNIFY HIM.

V: Wonderful is God in His saints: the God of Israel.

THE MEMORIAL OF YOUR MARTYRS, O LORD,
IS LIKE PARADISE IN EDEN,
FOR IT BRINGS JOY TO ALL CREATION.//

AT THEIR PRAYERS GRANT US PEACE AND YOUR GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

STANDING IN THE TEMPLE OF YOUR GLORY,
WE THINK THAT WE ARE IN HEAVEN.
O THEOTOKOS, GATE OF HEAVEN://
OPEN TO US THE GATE OF YOUR MERCY.

APOSTIKHA:

To the apostles

YOUR APOSTLES, O LORD,
ONCE WENT DOWN TO THE BOTTOM OF THE SEA WITH THEIR NETS,
AND THEN BECAUSE OF THEIR DECREES
THEY ATTAINED THE TOP MOST HEIGHT OF THE KINGDOM.
FOR BY THEIR KNOWLEDGE OF THEIR CRAFT,
THEY EXPLORED THE UNFATHOMED DEEP,
WHILE BY THEIR FAITH THEY REACHED YOUR INFINITE BOSOM,
AND PROCLAIMED YOUR TIMELESS SON TO THE WORLD.//
BY THEIR INTERCESSIONS AND THOSE OF ALL THE SAINTS, HAVE MERCY ON US.

WHEN YOUR DISCIPLES, O CHRIST,
WERE CAUGHT BY A STORM IN THEIR SHIP
THEY CRIED OUT TO YOU:
SAVE US, O TEACHER, FOR WE PERISH.
NOW WE TOO CRY OUT:
DELIVER US FROM OUR DISTRESS, WE PRAY YOU,//
O OUR SAVIOUR, THE LOVER OF MANKIND.

To the martyrs

OUR GOD HAS SHOWN MARVELLOUS THINGS
IN HIS CHOSEN AND SAINTS.
REJOICE AND BE GLAD, YOU HIS SERVANTS.
HE HAS PREPARED CROWNS AND HIS KINGDOM FOR YOU.//
BUT DO NOT FORGET US, WE ENTREAT YOU.

Glory... Now and ever...

Theotokos Hymn

O PURE VIRGIN MOTHER OF GOD:
YOU WERE FOUND WORTHY OF GREAT GIFTS,
FOR YOU BORE IN THE FLESH ONE OF THE TRINITY,
CHRIST THE GIVER OF LIFE,//
FOR THE SALVATION OF OUR SOULS.

THURSDAY VESPERS:

LORD I CALL:

Stikhs to the Cross:

O LOVER OF MANKIND,
MY FORBEARING AND COMPASSIONATE AND MOST MERCIFUL GOD:
HOW HAVE YOU ON BEHALF OF MANKIND
ENDURED BEING SENT TO THE SLAUGHTER
AND BEING PUT TO DEATH ON THE TREE?//
WE GLORIFY YOUR GOODNESS.

O LONG-SUFFERING LORD,
WHO ENDURED BUFFETING, INSULTS AND CRUCIFIXION,
IN YOUR DESIRE TO DELIVER ALL MANKIND FROM THE HANDS OF THE
DECEIVER:
YOU ALONE ARE THE GIVER OF LIFE,//
ENDURING ALL THINGS, O GOOD ONE.

THE SHEPHERD ASCENDED THE CROSS,
AND AS HE STRETCHED OUT HIS HANDS HE CRIED OUT:
COME TO ME, O PEOPLE, DARKENED BY DELUSION,
AND BE ENLIGHTENED, FOR I AM THE TRUE LIGHT.//
GLORY TO YOU, O ONLY GIVER OF LIGHT.

Glory... Now and ever...

Theotokos Hymn

WHEN YOUR MOST PURE MOTHER BEHELD YOU NAILED TO THE TREE,
SHE CRIED OUT: O MY SON AND MY GOD,
WHAT IS THIS STRANGE SIGHT I SEE,//
THAT YOU SUFFER IN YOUR GREAT MERCY.

APOSTIKHA:

Stikhs to the Cross

YOUR CROSS, O LORD,
IS LIFE AND RESURRECTION FOR YOUR PEOPLE;
AND WE WHO PUT OUR TRUST IN IT,
PRAISE YOU, OUR GOD CRUCIFIED IN THE FLESH.//
HAVE MERCY ON US.

YOUR CROSS, O CHRIST,
HAS OPENED PARADISE FOR MANKIND,
AND WE DELIVERED FROM CORRUPTION,
PRAISE YOU, OUR GOD CRUCIFIED IN THE FLESH.//
HAVE MERCY ON US.

To the martyrs

YOUR MARTYRS, O LORD,
DID NOT DENY YOU,
NOR DID THEY TURN FROM YOUR COMMANDMENTS.//
BY THEIR INTERCESSIONS HAVE MERCY ON US.

Glory... Now and ever...

Theotokos Hymn

THE VIRGIN STOOD BESIDE THE WOOD,
AT THE TIME OF YOUR CRUCIFIXION,
TOGETHER WITH YOUR VIRGIN DISCIPLE.
SHE LAMENTED AND CRIED ALOUD:
WOE IS ME.
HOW DO YOU, O CHRIST, IMPASSIBILITY ITSELF,//
SUFFER ALL THINGS?

FRIDAY MATINS:

After the 1st reading of the Psalter:
SESSIONAL HYMN: *of the Cross*

WHEN THE WOOD OF YOUR CROSS WAS SET UP, O CHRIST OUR LORD,
THE FOUNDATIONS OF DEATH WERE SHAKEN.
HADES SWALLOWED YOU EAGERLY,
BUT IT LET YOU GO WITH TREMBLING.
YOU HAVE SHOWN US YOUR SALVATION, O HOLY ONE,//
AND WE GLORIFY YOU, O SON OF GOD. HAVE MERCY ON US.

Vs: Extol the Lord our God; worship at His footstool for He is holy.

YOUR PEOPLE CONDEMNED YOU TO DEATH, O LORD,
YET YOU ARE THE LIFE OF ALL:
WITH THE ROD OF MOSES YOU LED THEM ON DRY GROUND THROUGH THE RED SEA,
YET THEY NAILED YOU TO THE CROSS;
YOU FED THEM WITH HONEY FROM THE ROCK,
YET THEY GAVE YOU GALL.
BUT YOU WILLINGLY ENDURED THESE THINGS TO FREE US FROM THE BONDAGE OF THE ENEMY.//
O CHRIST OUR GOD: GLORY TO YOU.

Glory... Now and ever...
Theotokos Hymn
O VIRGIN THEOTOKOS:
YOUR SON, CHRIST OUR GOD, WAS NAILED OF HIS OWN WILL UPON THE CROSS.
HE HAS RISEN FROM THE DEAD.//
PRAY TO HIM FOR THE SALVATION OF OUR SOULS.

After the final reading from the Psalter:
SESSIONAL HYMN: *to the martyrs*

O BLESSED TREE OF THE CROSS:
YOU HEAL ALL ILLS AND EXPEL ALL DEMONS.
YOU ARE THE STRENGTH AND PROTECTION OF BELIEVERS,
THE PRIZE OF KINGS AND TRUE PRIDE OF THE ORTHODOX,
THE SUPPORT OF THE CHURCH OF CHRIST://
BE OUR SAFEGUARD, OUR ASSURANCE AND OUR RAMPART

V: Wonderful is God in His saints; the God of Israel.

THE LORD HAS GIVEN GLORY TO THOSE WHO PREACHED CHRIST IN THE ARENA,
AND DID NOT FEAR THE THREATS OF THE UNGODLY.
THEY SUFFERED BRAVELY AND CAST DOWN THE PRIDE OF THE TRANSGRESSORS.
CHRIST GAVE THEM THE GRACE OF HEALING AS THEIR DUE REWARD.
WITHOUT CEASING THEY MAKE INTERCESSION//
FOR THE SALVATION OF OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

O ALL-HOLY MOTHER OF GOD:
DO NOT ABANDON ME IN MY LIFE-TIME,
DO NOT DELIVER ME OVER TO HUMAN PROTECTION.//
PROTECT ME YOURSELF AND HAVE MERCY ON ME.

APOSTIKHA:

Of the Cross

IN YOUR CROSS I POSSESS MY HOPE;
BOASTING IN IT, I CRY OUT:
CAST DOWN THE ARROGANCE OF THOSE WHO DO NOT CONFESS YOU AS
GOD AND MAN,//
O LORD AND LOVER OF MANKIND.

WE WHO ARE PROTECTED BY THE CROSS
ARE ABLE TO WITHSTAND THE ENEMY,
NOT FEARING HIS SNARES OR CUNNING;
FOR THE PROUD ONE WAS CAST DOWN AND TRAMPLED UNDER FOOT//
BY THE POWER OF CHRIST WHO WAS NAILED TO THE TREE.

To the martyrs

IN THE MEMORY OF YOUR SAINTS, O LORD,
ALL CREATION FEASTS.
HEAVEN REJOICES WITH ANGELS AND EARTH CELEBRATES WITH MEN.//
BY THEIR PRAYERS, HAVE MERCY ON US.

Glory... Now and ever...

Theotokos Hymn

AS MAN I WAS FASTENED TO THE TREE AND SLAIN,
AND PLACED IN THE GRAVE AS MORTAL,
BUT, MOTHER AND PURE VIRGIN,
AS GOD, I WILL ARISE AGAIN IN GLORY//
ON THE THIRD DAY.

FRIDAY VESPERS:

LORD I CALL:

Stikhs to the Martyrs

YOUR MARTYRS, O LORD, DID NOT DENY YOU,
NOR DID THEY TURN FROM YOUR COMMANDMENTS.//
BY THEIR INTERCESSIONS HAVE MERCY ON US. (*twice*)

YOUR VICTORIOUS MARTYRS, WHEN THEY CONTENDED ON THIS EARTH,
ENDURED GREAT TORMENTS;
BUT NOW THEY DWELL IN HEAVEN
AND HAVE RECEIVED A PERFECT CROWN,//
THAT THEY MAY OFFER INTERCESSION FOR OUR SOULS.

Glory... Now and ever...

Theotokos Hymn

WHO WILL NOT BLESS YOU, O MOST HOLY VIRGIN?
WHO WILL NOT SING OF YOUR MOST PURE CHILDBEARING?
THE ONLY-BEGOTTEN SON SHONE TIMELESSLY FROM THE FATHER,
BUT FROM YOU HE WAS INEFFABLY INCARNATE.
GOD BY NATURE, HE BECAME MAN FOR OUR SAKE.
NOT DIVIDED INTO TWO PERSONS, BUT KNOWN AS ONE IN TWO NATURES.
ENTREAT HIM, O PURE AND ALL-BLESSED LADY,//
TO HAVE MERCY ON OUR SOULS.

APOSTIKHA:

Stikhs to the martyrs:

THOSE WHO SUFFERED MARTYRDOM FOR YOU, O CHRIST,
ENDURED GREAT TORMENTS://
PRESERVE US BY THEIR PRAYERS AND INTERCESSIONS, O LORD.

YOUR CROSS, O LORD, WAS AN INVINCIBLE WEAPON FOR THE MARTYRS.
THEY SAW DEATH BEFORE THEM,
BUT LOOKING TO THE LIFE THAT IS TO COME,
THEY WERE STRENGTHENED BY THEIR HOPE IN YOU.//
BY THEIR INTERCESSIONS HAVE MERCY ON US.

For the departed

YOUR CREATING COMMAND
WAS MY ORIGIN AND MY FOUNDATION.
FOR YOU WILLED TO FASHION ME AS A LIVING CREATURE
FROM NATURES VISIBLE AND INVISIBLE:
YOU MADE MY BODY FROM THE EARTH
AND GAVE ME A SOUL BY YOUR DIVINE AND LIFE-CREATING BREATH.
THEREFORE, O SAVIOUR, GRANT REST TO YOUR SERVANTS IN THE LAND OF THE LIVING,//
IN THE MANSIONS OF THE RIGHTEOUS.

Glory... Now and ever... *Theotokos Hymn*

BY THE PRAYERS OF HER WHO BORE YOU, O CHRIST,
AND OF YOUR MARTYRS, APOSTLES AND PROPHETS,
OF THE HOLY HIERARCHS, MONKS AND RIGHTEOUS
AND OF ALL YOUR SAINTS,//
GIVE REST TO YOUR SERVANTS WHO HAVE FALLEN ASLEEP.

SATURDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN: *to the martyrs*

THE SAINTS SUFFERED AND CONTENDED WITH PATIENT ENDURANCE.
THEY RECEIVED THE PRIZE OF VICTORY FROM YOU.
THEY LAID LOW THE SCHEMES OF TRANSGRESSORS, AND WERE GRANTED
CROWNS OF INCORRUPTION.//
BY THEIR PRAYERS, O GOD, GRANT US YOUR GREAT MERCY.

Vs: God is wonderful in His saints; the God of Israel.

PERSECUTED BY TYRANTS,
THE MARTYRS ENDURED AND SUFFERED BRAVELY.
NEAR THEM STOOD THE CHOIRS OF ANGELS, HOLDING PRIZES OF VICTORY.
IN THEIR WISDOM THEY ASTONISHED RULERS AND KINGS,
OVERTHROWING THE DEVIL BY CONFESSING CHRIST.//
GLORY TO YOU, O LORD, WHO MADE THEM STRONG.

Glory... Now and ever...

Theotokos Hymn

O VIRGIN THEOTOKOS, GOOD HOPE OF THE WORLD:
WE SEEK NO OTHER HELP THAN YOUR POWER.
HAVE COMPASSION ON YOUR PEOPLE WHO HAVE NO OTHER PROTECTOR,
AND INTERCEDE WITH THE MERCIFUL GOD,
THAT HE MAY SAVE OUR SOULS FROM ALL DANGERS,//
FOR YOU ARE THE ONLY BLESSED ONE.

After the final reading from the Psalter:

SESSIONAL HYMN: *to the martyrs*

THE MEMORIAL OF YOUR MARTYRS, O LORD,
IS LIKE THE PARADISE OF EDEN,
FOR IT BRINGS JOY TO ALL CREATION.//
AT THEIR PRAYERS, GRANT US PEACE AND GREAT MERCY.

V: Blessed are those whom You have chosen and taken, O Lord.

for the departed

TRULY ALL IS VANITY,
AND LIFE IS BUT A SHADOW AND A DREAM.

EVERY EARTHBORN MORTAL TROUBLES HIMSELF IN VAIN, AS SCRIPTURE SAYS.
WHEN WE HAVE GAINED THE WHOLE WORLD,
THEN WE DEPART TO THE TOMB
WHERE KINGS AND BEGGARS DWELL TOGETHER.
THEREFORE, O CHRIST OUR GOD, IN YOUR LOVE FOR MANKIND,//
GIVE REST TO YOUR DEPARTED SERVANTS.

Glory... Now and ever...

Theotokos Hymn

O MOTHER OF GOD AND VIRGIN MARY:
YOU ARE THE POWERFUL PROTECTION AND REFUGE OF MANKIND.
YOU GAVE BIRTH IN TIME TO THE TIMELESS SON AND WORD OF GOD.
AS A MOTHER, CEASELESSLY PRAY TO HIM
WITH THE PROPHETS, MARTYRS AND HOLY ASCETICS,//
THAT HE MAY SAVE THE FAITHFUL DEPARTED.

APOSTIKHA:

to the martyrs

ALL CREATION FEASTS, O LORD,
IN THE MEMORY OF YOUR SAINTS.
HEAVEN REJOICES WITH ANGELS AND EARTH CELEBRATES WITH MEN.//
BY THEIR PRAYERS, HAVE MERCY ON US.

V: Blessed are those whom You have chosen and taken, O Lord.

YOU FREELY ENDURED A LIFE-GIVING DEATH;
YOU HAVE BECOME A SOURCE OF LIFE FOR THE FAITHFUL,
GIVING THEM ETERNAL JOY.
ESTABLISH IN THIS JOY
THOSE WHO HAVE FALLEN ASLEEP IN HOPE OF THE RESURRECTION ,
IN YOUR MERCY FORGIVING THEM ALL THEIR TRANSGRESSIONS,
FOR YOU ALONE ARE SINLESS;
YOU ALONE ARE GOOD AND THE LOVER OF MANKIND.
THEN YOUR NAME, O CHRIST, WILL BE PRAISED BY ALL,//
AND BEING SAVED WE SHALL GLORIFY YOUR COMPASSIONATE LOVE.

Vs: Their memorial is from generation to generation.

O CHRIST, RICH IN MERCY:
WE ACKNOWLEDGE YOU IN YOUR DIVINE POWER,
AS LORD OF THE LIVING AND MASTER OF THE DEAD.
IN YOUR LOVE FOR MANKIND,
GIVE REST TO THOSE WHO HAVE DEPARTED TO YOU, THEIR ONLY BENEFACTOR.
MAKE THEM DWELL WITH YOUR ELECT IN A PLACE OF REFRESHMENT,
IN THE SPLENDOUR OF YOUR SAINTS.
FOR IT IS YOUR WILL TO SHOW MERCY,
AND AS GOD YOU SAVE THOSE WHOM YOU HAVE MADE IN YOUR OWN IMAGE,//
FOR YOU ALONE ARE MERCIFUL.

Glory... Now and ever...

Theotokos Hymn

O ALL-HOLY VIRGIN:
YOU WERE REVEALED AS THE HOLY DWELLING-PLACE OF GOD.
YOU HELD GOD IN YOUR WOMB AND GAVE BIRTH TO GOD,
TWO IN NATURE AND ESSENCE, BUT SINGLE IN HIS PERSON.

PRAY TO HIM, THE ONLY-BEGOTTEN AND THE FIRST-BORN,
WHO KEPT YOU A VIRGIN INVIOLATE EVEN AFTER CHILDBIRTH,
THAT HE MAY GIVE REST TO THE SOULS OF THOSE FALLEN ASLEEP IN THE FAITH,//
GRANTING THEM ETERNAL BLESSEDNESS AND GLORY.

SATURDAY VESPERS:

LORD I CALL:

POSSESSING VICTORY OVER HADES, O CHRIST,
SINCE YOU ARE FREE AMONG THE DEAD,
YOU ASCENDED THE CROSS
RAISING WITH YOURSELF THOSE WHO SAT IN THE SHADES OF DEATH.
DRAWING LIFE FROM YOUR LIGHT, O ALMIGHTY SAVIOUR,//
HAVE MERCY ON US.

TODAY CHRIST TRAMPLES ON DEATH,
FOR HE IS RISEN AS HE SAID.
LET US ALL SING THIS SONG,
FOR HE HAS GRANTED JOY TO THE WORLD:
O LIGHT UNAPPROACHABLE, FOUNTAIN OF LIFE.//
O SAVIOUR ALMIGHTY: HAVE MERCY ON US.

WHERE SHALL WE SINNERS FLEE FROM YOU,
FOR YOU ARE IN ALL CREATION?
IN HEAVEN YOU DWELL.
IN HADES YOU TRAMPLED ON DEATH.
IN THE DEPTHS OF THE SEA?
EVEN THERE IS YOUR HAND, O MASTER.
TO YOU WE FLEE, AND FALLING BEFORE YOU, WE PRAY://
AS YOU ROSE FROM THE DEAD, HAVE MERCY ON US.

The Anatolian stikhs

IN YOUR CROSS, WE GLORY, O CHRIST.
WE SING AND GLORIFY YOUR RESURRECTION.
FOR YOU ARE OUR GOD,//
AND WE KNOW NO OTHER THAN YOU.

WE WILL ALWAYS BLESS THE LORD
BY SINGING OF HIS RESURRECTION.
FOR HE ENDURED THE CROSS,//
TRAMPLING DOWN DEATH BY DEATH.

GLORY TO YOUR MIGHT, O LORD,
FOR YOU OVERTHREW THE PRINCE OF DEATH.
BY YOUR CROSS RENEWING US,//

GRANTING US LIFE AND INCORRUPTION.

YOUR BURIAL DESTROYED THE BONDS OF HADES, O LORD.
YOUR RESURRECTION FROM THE DEAD ENLIGHTENED THE WORLD,//
O LORD: GLORY TO YOU.

3 stikhs from the menaion

Glory... Now and ever...

Theotokos Hymn

WHO WILL NOT BLESS YOU, O MOST HOLY VIRGIN?
WHO WILL NOT SING OF YOUR MOST PURE CHILDBEARING?
THE ONLY-BEGOTTEN SON SHONE TIMELESSLY FROM THE FATHER,
BUT FROM YOU HE WAS INEFFABLY INCARNATE.
GOD BY NATURE, HE BECAME MAN FOR OUR SAKE.
NOT DIVIDED INTO TWO PERSONS BUT KNOWN AS ONE IN TWO NATURES.
ENTREAT HIM, O PURE AND ALL-BLESSED LADY,//
TO HAVE MERCY ON OUR SOULS.

APOSTIKHA:

YOUR RESURRECTION, O CHRIST OUR SAVIOUR,
THE ANGELS IN HEAVEN SING.
ENABLE US ON EARTH//
TO GLORIFY YOU IN PURITY OF HEART.

V: The Lord is King; He is robed in majesty.

DESTROYING THE GATES OF HADES;
BREAKING THE CHAINS OF DEATH;
YOU RESURRECTED THE FALLEN HUMAN RACE AS ALMIGHTY GOD.//
O LORD, WHO ROSE FROM THE DEAD: GLORY TO YOU.

V: For He has established the world, so that it shall never be moved.

DESIRING TO RETURN US TO PARADISE,
CHRIST WAS NAILED TO THE CROSS AND PLACED IN A TOMB.
THE MYRRHBEARING WOMEN SOUGHT HIM WITH TEARS, CRYING OUT:
WOE TO US, O SAVIOUR.
HOW DO YOU DEIGN TO DESCEND TO DEATH?
WHAT PLACE CAN HOLD YOUR LIFE BEARING BODY?
COME TO US AS YOU PROMISED.
TAKE AWAY OUR WAILING AND TEARS.
THEN THE ANGEL APPEARED TO THEM:
STOP YOUR LAMENTATIONS.
GO, PROCLAIM TO THE APOSTLES:
THE LORD IS RISEN,//
GRANTING US PURIFICATION AND GREAT MERCY.

V: Holiness befits Your House, O Lord, forevermore.

HAVING BEEN CRUCIFIED AS YOU WILLED,
BY YOUR BURIAL YOU CAPTURED DEATH, O CHRIST,
AND ROSE ON THE THIRD DAY AS GOD IN GLORY,//
GRANTING THE WORLD UNENDING LIFE AND GREAT MERCY.

Glory... Now and ever...

Theotokos Hymn

MY MAKER AND REDEEMER, CHRIST THE LORD,
WAS BORN OF YOU, O MOST PURE VIRGIN.

BY ACCEPTING MY NATURE, HE FREED ADAM FROM HIS ANCIENT CURSE.
UNCEASINGLY WE MAGNIFY YOU AS THE MOTHER OF GOD.
REJOICE, O CELESTIAL JOY.
REJOICE, O LADY,//
THE PROTECTION, INTERCESSION AND SALVATION OF OUR SOULS.

SUNDAY
HYMNS

TROPAR

THE ANGELIC POWERS WERE AT YOUR TOMB;
THE GUARDS BECAME AS DEAD MEN.
MARY STOOD BY YOUR GRAVE,
SEEKING YOUR MOST PURE BODY.
YOU TOOK HADES CAPTIVE,
NOT BEING TEMPTED BY IT.
YOU CAME TO THE VIRGIN, GRANTING LIFE.//
O LORD, WHO ROSE FROM THE DEAD: GLORY TO YOU.

KONTAK

WHEN CHRIST GOD THE GIVER OF LIFE
RAISED ALL OF THE DEAD FROM THE VALLEYS OF MISERY WITH HIS MIGHTY HAND,
HE BESTOWED RESURRECTION ON THE HUMAN RACE.//
HE IS THE SAVIOUR OF ALL, THE RESURRECTION, THE LIFE, AND THE GOD OF ALL.

THEOTOKOS HYMN

AS THE ONE WHO CALLED YOUR MOTHER BLESSED,
YOU CAME OF YOUR OWN FREE WILL TO THE PASSION.
YOU SHONE ON THE CROSS, SEEKING TO RECALL ADAM
AND SAYING TO THE ANGELS:
REJOICE WITH ME, FOR THE LOST COIN IS FOUND.//
YOU HAVE ORDERED ALL THINGS IN WISDOM, OUR GOD: GLORY TO YOU.

DAILY THEOTOKOS HYMNS

SATURDAY & SUNDAY (FRIDAY & SATURDAY EVENINGS)

AS THE ONE WHO CALLED YOUR MOTHER BLESSED,
YOU CAME OF YOUR OWN FREE WILL TO THE PASSION.
YOU SHONE ON THE CROSS, SEEKING TO RECALL ADAM
AND SAYING TO THE ANGELS:
REJOICE WITH ME, FOR THE LOST COIN IS FOUND.//
YOU HAVE ORDERED ALL THINGS IN WISDOM, OUR GOD: GLORY TO YOU.

MONDAY (SUNDAY EVENING)

GABRIEL'S ANNUNCIATION TO THE VIRGIN
WAS THE BEGINNING OF SALVATION,
FOR SHE HEARD THE GREETING AND DID NOT FLEE FROM THE SALUTATION,
NOR DID SHE DOUBT AS DID SARAH IN THE TENT.
INSTEAD SHE PROCLAIMED: BEHOLD THE HANDMAID OF THE LORD;//
BE IT UNTO ME ACCORDING TO YOUR WORD.

TUESDAY (MONDAY EVENING)

O VIRGIN THEOTOKOS, GOOD HOPE OF THE WORLD:
WE SEEK NO OTHER HELP THAN YOUR. POWER.
HAVE COMPASSION ON YOUR PEOPLE WHO HAVE NO OTHER PROTECTOR,
AND INTERCEDE WITH THE MERCIFUL GOD
THAT HE MAY SAVE OUR SOULS FROM ALL DANGERS,//
FOR YOU ARE THE ONLY BLESSED ONE.

WEDNESDAY & FRIDAY (TUESDAY & THURSDAY EVENINGS)

O VIRGIN THEOTOKOS: PRAY TO YOUR SON, CHRIST OUR GOD,
WHO DELIVERED THE WORLD FROM ERROR
WHEN HE WILLINGLY ACCEPTED CRUCIFIXION,//
THAT HE MAY HAVE MERCY ON OUR SOULS.

THURSDAY (WEDNESDAY EVENING)

O HOLY AND PURE LADY, VIRGIN THEOTOKOS:
YOU INEFFABLY GAVE BIRTH TO THE CREATOR OF ALL.

TOGETHER WITH THE APOSTLES,
PRAY WITHOUT CEASING TO HIS MERCY
THAT HE MAY SAVE US FROM OUR PASSIONS,//
AND GRANT US REMISSION OF OUR SINS.

MATINS DISMISSAL THEOTOKOS HYMNS

MONDAY MORNING

AS YOU RECEIVED, O THEOTOKOS,
THE WORD OF THE ARCHANGEL,
YOU WERE REVEALED AS THE CHERUBIC THRONE://
YOU BORE IN YOUR ARMS THE HOPE OF OUR SOULS.

TUESDAY MORNING

NO ONE WHO RUNS TO YOU, O PUREST VIRGIN THEOTOKOS, DEPARTS IN SHAME.//
ASKING FOR GRACE, HE RECEIVES THE GIFT OF HIS WORTHY REQUEST.

WEDNESDAY, FRIDAY & SATURDAY MORNINGS

IN THESE LATTER TIMES, YOU BORE THE SON AND WORD OF GOD,
HIM WHO WAS BEGOTTEN FROM THE FATHER WITHOUT A MOTHER BEFORE THE AGES.
HE WAS INCARNATE OF YOUR PURE BLOOD, O THEOTOKOS, WITHOUT SEED OF MAN.//
BESEECH HIM THAT REMISSION OF SINS BE GRANTED US BEFORE THE END.

THURSDAY MORNINGS

O PURE VIRGIN MOTHER OF GOD:
YOU WERE FOUND WORTHY OF GREAT GIFTS,
FOR YOU BORE IN THE FLESH ONE: OF THE TRINITY,//
CHRIST THE GIVER OF LIFE, FOR THE SALVATION OF OUR SOULS.

TONE 7

SUNDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN:

AFTER THE LIFE HAD BEEN LAID IN THE TOMB
AND THE SEALS HAD BEEN SET ON THE STONE,
THE SOLDIERS GUARDED CHRIST AS A SLEEPING KING;
THE ANGELS GLORIFIED HIM AS THE IMMORTAL GOD;
THE WOMEN CRIED OUT: THE LORD IS RISEN, //
GRANTING THE WORLD GREAT MERCY.

V: Arise, O Lord my God, lift up Your hand; do not forget Your poor forever.

BY YOUR THREE DAYS IN THE TOMB YOU HAVE DESPOILED DEATH;
BY YOUR LIFE-BEARING RESURRECTION YOU HAVE RAISED CORRUPTED MAN.//
GLORY TO YOU, O CHRIST OUR GOD, THE LOVER OF MANKIND.

Glory... Now and ever....

Theotokos Hymn

O VIRGIN MOTHER OF GOD: EVER PRAY TO CHRIST OUR GOD,
THAT HE MAY SAVE OUR SOULS.
HE WAS CRUCIFIED AND ROSE FOR US,//
LAYING LOW THE POWER OF DEATH.

After the final reading from the Psalter:

SESSIONAL HYMN:

WHEN THE SEPULCHRE WAS SEALED, O CHRIST OUR GOD,
AS LIFE, YOU ROSE FROM THE TOMB.
WHEN THE DOORS WERE CLOSED YOU STOOD IN THE MIDST OF YOUR DISCIPLES.
THROUGH THEM, O RESURRECTION OF ALL,
YOU RENEW A RIGHT SPIRIT WITHIN US//

FOR YOU ARE GREAT IN MERCY.

V: I will praise You, Lord, with my whole heart; I will speak of all Your marvellous works.

THE WOMEN, BEARING SPICES, RAN IN TEARS TO THE TOMB,
WHILE THE SOLDIERS KEPT THEIR WATCH OVER YOU, THE KING OF ALL.
THEY SAID TO EACH OTHER: WHO WILL ROLL AWAY THE STONE FOR US ?
THE ANGEL OF GREAT COUNSEL IS RISEN, TRAMPLING DOWN DEATH.//
GLORY TO YOU, ALMIGHTY LORD.

Glory... Now and ever....

Theotokos Hymn

O HAVEN AND INTERCESSOR FOR MANKIND:
THE DELIVERER OF THE WORLD WAS MADE FLESH OF YOU:
ONLY YOU ARE BOTH MOTHER AND VIRGIN,
EVER BLESSED AND GLORIFIED.//
INTERCEDE WITH CHRIST OUR GOD THAT HE MAY GRANT PEACE TO THE WORLD.

THE CANON

ODE ONE:

FIRST CANON

IRMOS:
AT YOUR COMMAND, O LORD, THE WATER CHANGED ITS NATURE;
NO LONGER DIFFUSE AND SHIFTING, IT BECAME FIRM AS THE GROUND.
DRY-SHOD WALKED ISRAEL, AND SANG YOU A SONG OF VICTORY.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
The tyranny of death has been condemned through the Tree of the Cross ; by Your condemnation, O Lord, to an unjust death. Thus the prince of darkness lost the battle and has justly been cast out.

Hades approached You, but his jaws were broken, for his teeth were not strong enough to crush Your body. Therefore, O Saviour, having destroyed the pains of death, You are risen on the third day.

R: O MOST HOLY THEOTOKOS: SAVE US.

The pains of our mother Eve have been destroyed, for not knowing a man, you bore a child without pain. Therefore, beholding you clearly as the Mother of God, we glorify you, O most pure One.

SECOND CANON

IRMOS:
YOU BROUGHT WARS TO AN END.
YOU OVERTURNED PHARAOH AND ALL HIS CHARIOTS IN THE DEEP.
LET US SING TO HIM, FOR HE IS GLORIFIED.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
The Saviour on the Cross poured out for us two life-bearing fountains from His wounded side. Let us sing to Him, for He is glorified.

Christ dwelt in the tomb and rose on the third day, granting mortal man the hope of incorruption. Let us sing to Him for He is glorified.

Theotokos Hymn

You alone are seen to be Virgin after childbearing, for you bore the incarnate Creator of the world. Therefore, we all cry to you: Rejoice.

ODE THREE:

FIRST CANON

IRMOS:
O LORD AND SAVIOUR: IN THE BEGINNING
YOU FOUNDED THE HEAVENS AND THEIR POWERS
BY YOUR DIVINE AND ALL-CREATING SPIRIT:
ESTABLISH ME FIRMLY ON THE UNSHAKEABLE ROCK OF YOUR CONFESSION.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
Ascending the Cross, O compassionate Saviour, of Your own will You suffered pain for us,
enduring the wounding, the means of salvation and peace for the faithful, reconciling us all to Your Father, O merciful One.

O Christ: You cleansed me from the wound my soul suffered at the bite of the serpent. You showed light to me as I lay in darkness and corruption, for by Your Cross You descended to hades, raising me up with Yourself.

Theotokos Hymn

O Saviour: by the prayers of Your unwedded Mother, grant peace to the world ; grant victory to Orthodox Christians over their adversaries, and count them worthy of Your ineffable glory.

SECOND CANON

IRMOS:
YOU FOUNDED THE HEAVENS BY YOUR WORD,
AND ESTABLISHED THE EARTH UPON THE WATERS;
NOW, O ONLY LOVER OF MANKIND,
FIRMLY ESTABLISH MY MIND UPON YOUR WILL.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
You endured the sufferings on the Cross and opened Paradise to the thief as God and Benefactor ; now, O only Lover of mankind, firmly establish my mind upon Your will.

You rose from the tomb on the third day, and made life shine on earth, as God and Giver of Life. Now, O only Lover of mankind, firmly establish my mind upon Your will.

Theotokos Hymn

O Mary, Virgin and Mother: you conceived God without seed and freed Eve from the curse ;
entreat God made flesh of you to save your flock.

ODE FOUR:

FIRST CANON

IRMOS:
O CHRIST GOD: WITHOUT LEAVING THE BOSOM OF THE FATHER,
YOU CAME DOWN TO THE EARTH.
I HAVE HEARD THE MYSTERY OF YOUR DISPENSATION,
AND I GLORIFY YOU, ONLY LOVER OF MANKIND.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
He who was made flesh of the Virgin, gave His back to scourging. The innocent Master was tortured for the slave who had sinned, freeing me from my reproach.

The One who judges the whole world in righteousness stood trial before lawless judges and He who is the Creator of man was convicted and struck on the face by a hand of clay.

Theotokos Hymn

O True Theotokos: pray to your Creator and Son to guide me to the haven of His glorious will, O immaculate One.

SECOND CANON

IRMOS:
CHRIST, THE PROPHET AS HE SAW YOUR COMING
IN THE LAST TIMES, CRIED OUT:
O LORD: I HAVE HEARD OF YOUR SOVEREIGN DOMINION,
FOR YOU COME TO SAVE YOUR ANOINTED.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
O Lord: You did not know sin, yet because of it, You became what You were not. You took another form and fashioned it anew to save the world and lure the tyrant to his death.

O Lord: You hung upon the Cross and destroyed the sin of our first father Adam. You filled our mother Eve with joy, for You come to save Your anointed.

Theotokos Hymn

You were born of a Virgin and You died, bringing to life Adam, who had wandered in understanding. Death trembled in fear at Your strength, for You came to save all those held in its corruption.

ODE FIVE:

FIRST CANON

IRMOS:
THE NIGHT IS DARK TO THOSE WITHOUT FAITH, O CHRIST,
BUT LIGHT COMES FOR THE FAITHFUL THROUGH DELIGHT IN YOUR WORDS.
THEREFORE I RISE EARLY IN THE MORNING AND COME TO YOU,
AND SING THE PRAISES OF YOUR DIVINITY.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
You were sold for Your slaves, O Christ, and enduring blows, You purchased freedom for those who rise early in the morning and come to You and sing the praises of Your divinity.

By Your divine strength in the weakness of the flesh, O Christ, You cast down the strong one.
Through the Resurrection, Saviour, You revealed me as a conqueror of death.

Theotokos Hymn

O Pure Mother: you gave birth to God made flesh from you in a way divinely fitting.

For you, O all-praised One did not know a man, but conceived by the Holy Spirit.

SECOND CANON

IRMOS:

AS I RISE AT EARLY DAWN, O MY LORD AND GOD,
I BEG YOU TO FORGIVE MY TRANSGRESSIONS.
I BESEECH YOU TO MAKE STRAIGHT MY PATH
IN THE LIGHT OF YOUR COMMANDMENTS.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

You were numbered among the transgressors and lifted up on Golgotha. The lights of heaven hid themselves ; the earth was seized with violent trembling. The veil of the temple was torn in two, revealing the defection of the people.

We glorify You in song for You have destroyed the power of the tyrant by the strength of Your incomprehensible divinity, and raised the dead by Your Resurrection.

Theotokos Hymn

O All-praised Theotokos, Mother of the King and God: by your prayers, grant purification of sins to the faithful who unceasingly sing to your honour with faith and love.

ODE SIX:

FIRST CANON

IRMOS:

TOSSING ON A SEA OF WORLDLY CARES,
SINKING WITH MY COMPANIONS, MY SINS,
THROWN OVERBOARD TO THE SOUL-DESTROYING MONSTER,
AS JONAH, I CRY ALOUD TO YOU:
O CHRIST: LEAD ME UP FROM THESE DEADLY DEEPS.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

The souls of the righteous imprisoned and abandoned in hades remembered You and prayed to You for salvation. You granted it through Your Cross, O Christ, descending to the depths of the earth, Compassionate One.

The choir of the apostles lost hope that they would see again the Living Temple not made by human hands destroyed by all that fell upon It in the Passion. But then beyond hope, they worshipped and proclaimed everywhere that He is risen from the

dead.

Theotokos Hymn

Who can tell of your ineffable childbearing for our sake, O Virgin Bride of God ? For God the Word who cannot be circumscribed, was united to you and became flesh from you.

SECOND CANON

IRMOS:

JONAH CRIED OUT FROM THE BELLY OF THE WHALE:
REDEEM MY LIFE FROM CORRUPTION.
AND WE CRY OUT TO YOU, O ALMIGHTY SAVIOUR: HAVE MERCY ON US.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

Lifted up of Your own will upon the Cross, nailing to it, O Good Saviour, the written scroll of our sins, You have led captive the dominion of the enemy.

Rising in power from the dead, O Saviour, You raised the race of man with Yourself, bestowing on us life and immortality as the Lover of mankind.

Theotokos Hymn

O pure and ever-Virgin: pray ceaselessly to our God, Whom you bore beyond reason, O Theotokos, to save from peril those who sing your praises.

KONTAK:

THE DOMINION OF DEATH CAN NO LONGER HOLD MEN CAPTIVE,
FOR CHRIST DESCENDED SHATTERING AND DESTROYING ITS POWERS.
HADES IS BOUND, WHILE THE PROPHETS REJOICE AND CRY OUT:
THE SAVIOUR HAS COME TO THOSE IN FAITH,//
ENTER, YOU FAITHFUL, INTO THE RESURRECTION.

IKOS:

Today death and hades and the lowest depths of the earth shake in terror at the presence of One of the Trinity. The earth quakes and the gatekeepers of hades are struck with terror at beholding You. But all creation, rejoicing with the prophets, sings a song of victory to You, our Redeemer and God, as You destroy now the power of death. Let us also shout and cry aloud to Adam and those who are sprung from him: The Cross has brought him back.//
ENTER, YOU FAITHFUL, INTO THE RESURRECTION.

ODE SEVEN:

FIRST CANON

IRMOS:

IN DAYS OF OLD THE CHILDREN SHOWED US THE FLAMING FURNACE,
COOLED BY THE GENTLY DROPPING DEW,
AS THEY SANG THE PRAISES OF THE ONE GOD, AND SAID:
THE GOD OF OUR FATHERS IS HIGHLY EXALTED
AND IS GLORIFIED OVER ALL.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

Adam freely willed to be disobedient, and was put to death through a tree ; but Christ's obedience has formed him anew, for the Son of God has been crucified for me, and is glorified over all.

O Christ: the whole creation hymns Your rising from the tomb, for You have caused life to blossom for those in hades, resurrection for the dead and light for those in darkness. He is glorified over all.

Theotokos Hymn

Rejoice, O Daughter of corrupted Adam ; Rejoice, only Bride of God. Rejoice, for by your conceiving God, corruption has been banished. O Pure One: pray to Him, to save us all.

SECOND CANON

IRMOS:

THROWN INTO THE FIERY FURNACE,
THE HOLY CHILDREN CHANGED THE FIRE TO DEW AS THEY SANG:
BLESSED ARE YOU, O LORD GOD OF OUR FATHERS.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

You deadened the sting of sin on the wood of the Cross, and destroyed the writing of Adam's sin by the spear in Your side. Blessed are You, O Lord God of our fathers.

When Your side was pierced, You cleansed the polluted earth from the defilement of idolatry by Your sprinkled blood. Blessed are You, O Lord God of our fathers.

Theotokos Hymn

You caused Christ to shine on the world, O Mother of God: the Light Who was before the sun. He saves from darkness and enlightens with the knowledge of God all who cry aloud: Blessed are You, O Lord God of our fathers.

ODE EIGHT: *May be sung as stikhs on the Song of the Three Children*

FIRST CANON

IRMOS:

THE BUSH ON SINAI THAT BURNED, YET WAS NOT CONSUMED,
REVEALED GOD TO MOSES, WHO WAS SLOW IN TONGUE AND CLUMSY IN

SPEECH.
AND IN BURNING ZEAL FOR GOD THE CHILDREN WERE REVEALED UNHARMED,
AND THEY CRIED OUT FROM THE MIDST OF THE FIRE:
ALL YOU WORKS OF THE LORD: BLESS THE LORD,
AND EXALT HIM ABOVE ALL FOREVER.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

The reasoning Lamb without blemish was slaughtered as a sacrifice for the world. Thus, as God, He brought to an end the sacrifices of the law, and sinless, cleansed the world which cries out: all you works of the Lord, bless the Lord, and exalt Him above all forever.

The Creator assumed our corruptible flesh before the Passion ; after the Passion and Resurrection He reformed it in incorruption, thus remaking mortal men, who cry out: all you works of the Lord, bless the Lord, and exalt Him above all forever.

Theotokos Hymn

Your wholly unblemished purity, O Virgin, has cleansed the filth and pollution of the world. You have become the means of our reconciliation to God, O all-pure One. Therefore all men bless you and exalt you above all forever.

SECOND CANON

IRMOS:

THE ONLY ETERNAL KING OF GLORY,
BLESSED BY THE POWERS OF HEAVEN,
AND BEFORE WHOM THE RANKS OF ANGELS TREMBLE—
PRAISE HIM, O PRIESTS, AND HIGHLY EXALT HIM, O PEOPLE,
THROUGHOUT ALL THE AGES.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

He willingly endured the Passion, and was voluntarily nailed upon the Cross, thus destroying the powers of hades: Praise Him, O priests, and highly exalt Him, O people, throughout all the ages.

He laid low the dominion of death, and rose from the tomb in glory saving the race of men. Praise Him, O priests, and highly exalt Him, O people, throughout all the ages.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.

Theotokos Hymn

The only-compassionate, pre-eternal Word was born in the last times of the Virgin, and

destroying the ancient curse. Praise Him, O priests, and highly exalt Him, O people, throughout all the ages.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

THE NINTH CANTICLE, THE MAGNIFICAT IS SUNG

ODE NINE:

FIRST CANON

IRMOS:
YOU CONCEIVED WITHOUT TASTING CORRUPTION,
LENDING FLESH TO THE WORD, THE CREATOR OF ALL,
O UNWEDDED MOTHER, VIRGIN THEOTOKOS,
THE VESSEL WHICH CONTAINED THE UNCONTAINABLE:
THE DWELLING FOR YOUR INFINITE CREATOR: WE MAGNIFY YOU.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
Stop your mouths, all you whose minds have gone astray, attributing suffering to divinity. For we magnify the Lord of glory, crucified in the flesh, but not crucified in His divine nature, for He is one Person in two natures.

Come to the tomb of Christ and learn, all you that deny the Resurrection of the body ; for the flesh of the Giver of life has been put to death, and rose again in assurance of the final resurrection, for which we hope.

R: GLORY TO YOU, O HOLY TRINITY, OUR GOD.

Tropar:
We worship three Persons, not three gods—One God, but not one person. We part from those who divide, and confound those who dare to confuse the Trinity whom we magnify.

SECOND CANON

IRMOS:
O VIRGIN THEOTOKOS: YOU BORE A CHILD,
AND REMAINED A VIRGIN AFTER GIVING BIRTH.
THIS WAS NOT THE WORK OF NATURE, BUT THE DESCENT OF GOD.
THEREFORE, AS THE ONLY ONE COUNTED WORTHY OF THE DIVINE MIRACLES OF GOD,
WE EVER MAGNIFY YOU.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
The Light of Light, the Radiance of the holy glory of the Immortal Father, Christ shone

in the darkness of man's life, driving away the pursuing night. We faithful ever magnify Him.

Myrrh is fitting for the dead; song for the living. Since, O women, your tears are for the dying, bring a song for the Life of all, Whose Resurrection the messenger proclaims, announcing the glad tidings of the Rising of Christ.

Theotokos Hymn

The Church cries out to You: I know no other God but You. You chose me from the unbelieving nations to be Your Bride. Therefore, O compassionate Word, grant salvation to the faithful through the prayers of her who bore You.

THE PRAISES:

CHRIST IS RISEN FROM THE DEAD,
HAVING DESTROYED THE BONDS OF DEATH.
O EARTH: PROCLAIM GREAT JOY.//
O HEAVENS: PRAISE THE GLORY OF GOD.

HAVING BEHELD THE RESURRECTION OF CHRIST,//
LET US WORSHIP THE HOLY LORD JESUS, THE ONLY SINLESS ONE.

WE CEASELESSLY PRAISE THE RESURRECTION OF CHRIST,
FOR HE HAS SAVED US FROM OUR SINS://
THE HOLY LORD JESUS WHO HAS MANIFESTED THE RESURRECTION.

WHAT SHALL WE RENDER TO THE LORD
FOR ALL HIS BOUNTY TO US ?
FOR OUR SAKE, GOD CAME AND DWELT AMONG MEN.
BECAUSE OF OUR CORRUPTED NATURE THE WORD BECAME FLESH AND
DWELT AMONG US.
HE IS BENEFACTOR TO THE UNGRATEFUL, DELIVERER TO CAPTIVES,
THE SUN OF RIGHTEOUSNESS TO THOSE SITTING IN DARKNESS,
IMPASSABLE ON THE CROSS,
LIGHT IN HADES, AND RESURRECTION FOR THE FALLEN.//
LET US CRY OUT TO HIM: O OUR GOD, GLORY TO YOU.

The Anatolian stikhs

YOU HAVE DESTROYED THE GATES OF HADES, O LORD,
AND BY YOUR GREAT POWER, ABOLISHED THE DOMINION OF DEATH.
BY YOUR DIVINE AND GLORIOUS RESURRECTION,
YOU HAVE RAISED THE DEAD TOGETHER WITH YOURSELF:
THOSE WHO SLEPT FOR AGES IN DARKNESS,//
AS THE KING AND ALL POWERFUL GOD.

COME, LET US EXULT IN THE LORD,
AND REJOICE IN HIS RESURRECTION.
FOR HE HAS RAISED WITH HIMSELF THE DEAD
WHO WERE HELD BY INDESTRUCTIBLE BONDS IN HADES,//
AND HAS GRANTED THE WORLD ETERNAL LIFE AND GREAT MERCY.

THE SHINING ANGEL SAT ON THE STONE OF YOUR LIFE-BEARING TOMB,
AND ANNOUNCED THE GLAD TIDINGS TO THE MYRRH BEARING WOMEN:

THE LORD IS RISEN, AS HE SAID TO YOU.
ANNOUNCE TO THE DISCIPLES THAT HE GOES BEFORE YOU INTO GALILEE,//
AND HAS GRANTED THE WORLD ETERNAL LIFE AND GREAT MERCY.

WHY, O EVIL ONES, HAVE YOU REJECTED THE HEAD CORNER STONE ?
GOD HAS PLACED THE ONE WHO MADE WATER FLOW FROM THE ROCK IN SION,
AND CAUSED IMMORTALITY TO FLOW FROM HIS SIDE FOR US.
THIS IS THE STONE CUT FROM A VIRGIN MOUNTAIN WITHOUT DESIRE OF MAN.
HE IS THE SON OF MAN COMING ON THE CLOUDS OF HEAVEN
AS DANIEL HAS SAID, BEFORE THE ANCIENT OF DAYS,//
AND HIS KINGDOM IS EVERLASTING.

GLORY...

GOSPEL HYMN

NOW AND EVER....

TONE 2: YOU ARE MOST BLESSED...

SUNDAY MATINS:

THIRD CANON TO THE THEOTOKOS

ODE ONE:
IRMOS:
AT YOUR COMMAND, O LORD, THE WATER CHANGED ITS NATURE;
NO LONGER DIFFUSE AND SHIFTING, IT BECAME FIRM AS THE GROUND.
DRY-SHOD WALKED ISRAEL, AND SANG YOU A SONG OF VICTORY.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
O Virgin: You bore the Depth of compassion. Shine on my soul with your light-bearing radiance, that with love I may sing the praises of the depth of your wonders.

Beholding us wounded by the darts of sin, the Lord in His kindness, took pity on us. The Most High God united Himself ineffably to flesh from you, O Virgin.

O Virgin: the corrupt and mortal nature of man was swallowed up by death, but by conceiving Life, you brought it from corruption back to life.

ODE THREE:
IRMOS:
O LORD AND SAVIOUR: IN THE BEGINNING
YOU FOUNDED THE HEAVENS AND THEIR POWERS
BY YOUR DIVINE AND ALL-CREATING SPIRIT.
ESTABLISH ME FIRMLY ON THE UNSHAKEABLE ROCK OF YOUR CONFESSION.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
The creeping serpent beguiled me with the desire to be like God, and dragged me out of Eden to the earth. But, O Virgin Mother, the One whose nature is compassion and mercy dwelt within your womb and became like me, and so He made me like God.

Blessed is the fruit of your womb, O Virgin Mother of God, the joy of us all ; for you indeed brought joy and gladness to the world, O Bride of God, dispersing all the grief of sin,

O Virgin Theotokos: you bore for us eternal Life, Light and Peace, and set aside the ancient enmity of mankind towards God the Father by faith and the confession of grace.

ODE FOUR:
IRMOS:
O CHRIST GOD: WITHOUT LEAVING THE BOSOM OF THE FATHER,
YOU CAME DOWN TO THE EARTH.

I HAVE HEARD THE MYSTERY OF YOUR DISPENSATION,
AND I GLORIFY YOU, ONLY LOVER OF MANKIND.
R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:

You were chosen from all and beautiful above all creation, appearing to God in the splendour of your shining radiance. O All-praised One: illumine and purify all those who sing to you.

O Pure Virgin Mother: from your pure blood you brought God to mortal men. He delivers from countless sins those who honour you and sing your praises.

Reasoning nature has now been taught the mysteries of your ineffable conceiving, O all-blessed One. It offers the sacred rites of worship to Him Who came from you, O Virgin.

ODE FIVE:

IRMOS:

THE NIGHT IS DARK TO THOSE WITHOUT FAITH, O CHRIST,
BUT LIGHT COMES FOR THE FAITHFUL THROUGH DELIGHT IN YOUR WORDS.
THEREFORE I RISE EARLY IN THE MORNING AND COME TO YOU
SINGING THE PRAISES OF YOUR DIVINITY.
R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:

As Jacob saw the ladder set up to the heights of heaven, he beheld the type of your mystery, Virgin. For through you, O all-pure Lady, God came down among men.

We have found eternal salvation through you, O Virgin, and we fervently cry out to you: Rejoice, O Bride of God. We rejoice in your light, O all-praised One, ever singing hymns to you.

The Bridegroom found you, the only lily among thorns, radiant with the brightness of purity, and shining with the light of virginity. He took you to be His Bride, O immaculate Virgin.

ODE SIX:

IRMOS:

TOSSING ON A SEA OF WORLDLY CARES,
SINKING WITH MY COMPANIONS, MY SINS,
THROWN OVERBOARD TO THE SOUL-DESTROYING MONSTER,
AS JONAH, I CRY ALOUD TO YOU:
O CHRIST: LEAD ME UP FROM THESE DEADLY DEEPS.
R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
The types of the law and predictions of the prophets, clearly foretold you, O pure Virgin, as the one who bore the Benefactor of all creation, Whose goodness is found in many different ways for the faithful who sing your praises.

Adam, the first-formed man, was banished long ago from the divine delights of Paradise through the will and intent of the murderer. But you, O unwedded one, led him back again by bearing Him who delivers us from our transgressions.

O Pure One: He who made the whole world from nothing by divine will and creative might, proceeded from your womb, shining on those in the darkness of death with the lightning flashes of divinity.

ODE SEVEN:

FIRST CANON

IRMOS:
IN DAYS OF OLD THE CHILDREN SHOWED US THE FLAMING FURNACE
COOLED BY THE GENTLY DROPPING DEW
AS THEY SANG THE PRAISES OF THE ONE GOD AND SAID:
THE GOD OF OUR FATHERS IS HIGHLY EXALTED
AND IS GLORIFIED OVER ALL.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:
O Virgin: decked with gold-woven robes, in many-coloured robes, your Creator and Lord loved you, His own. The God of our fathers is highly exalted and glorified over all.

O Maiden: In days of old Isaiah was cleansed by the touch of the coal of fire. He beheld there the type of the Child you bore, the God of our fathers Who is highly exalted and glorified over all.

The holy prophets of old beheld the symbols of your divine childbearing, and singing with one accord, they cried aloud: The God of our fathers is highly exalted and glorified over all.

ODE EIGHT:
IRMOS:
THE BUSH ON SINAI THAT BURNED YET WAS NOT CONSUMED,
REVEALED GOD TO MOSES WHO WAS SLOW IN TONGUE AND CLUMSY IN SPEECH.
AND IN BURNING ZEAL FOR GOD THE CHILDREN WERE REVEALED UNHARMED,

AND THEY CRIED OUT FROM THE MIDST OF THE FIRE:
ALL YOU WORKS OF THE LORD, BLESS THE LORD,
AND EXALT HIM ABOVE ALL FOREVER.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:

O What wonder. You enlightened the world by the splendour of your childbearing, O Mother of God. For you indeed carried God in your arms. He enlightens the faithful who cry: All you works of the Lord, bless the Lord and exalt Him above all forever.

O Pure One: in reverence we sing the praises of your womb where God dwelt and took a body, giving the light of divine knowledge to the faithful who cry: All you works of the Lord, bless the Lord and exalt Him above all forever.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD, NOW AND EVER AND UNTO AGES OF AGES. AMEN.

By the brilliance of your light, O Theotokos, you cause those who sing your praises to shine with light. For you, O Mother of God, appeared as the dwelling of Light, enlightening with joy those who unceasingly cry out: All you works of the Lord: bless the Lord, and exalt Him above all forever.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

ODE NINE:

IRMOS:

YOU CONCEIVED WITHOUT TASTING CORRUPTION,
LENDING FLESH TO THE WORD, THE CREATOR OF ALL,
UNWEDDED MOTHER, O VIRGIN THEOTOKOS,
THE VESSEL WHICH CONTAINED THE UNCONTAINABLE,
THE DWELLING FOR YOUR INFINITE CREATOR: WE MAGNIFY YOU.

R: O MOST HOLY THEOTOKOS: SAVE US.

Tropars:

You are revealed as a cause of eternal joy and gladness, O ever-virgin Maiden, for you indeed brought forth the Redeemer through the Holy Spirit Who sets free all who honour Him as God.

Your ancestor David, O all-pure One, sang your praises, calling you the ark of divine holiness containing, beyond nature, the God who abides in the bosom of the Father Whom we faithful ever magnify.

You, O Maiden, are indeed higher than all creation, for you bore incarnate the Creator of all for us. Therefore as Mother and Queen of the only Lord, you bear away the whole victory.

SUNDAY VESPERS:

LORD I CALL:

Stikhs of repentance

LIFT UP YOUR EYES, O MY SOUL, AND GAZE ON THE MERCY AND
DISPENSATION OF GOD:
HE CAME DOWN TO EARTH FROM HEAVEN,
TO RAISE YOU FROM THE DISTRESS OF YOUR PASSIONS,
AND TO SET YOU ON THE ROCK OF FAITH.
GREAT MIRACLE, YOU HUMBLED YOURSELF.//
GLORY TO YOU, O LOVER OF MANKIND.

BEHOLD YOUR LAWLESS DEEDS, O MY SOUL,
AND BE AMAZED THAT THE EARTH STILL ENDURES YOU,
THAT LIGHTNING HAS NOT STRUCK YOU,
THAT WILD BEASTS HAVE NOT DESTROYED YOU,
THAT THE NEVER-SETTING SUN STILL SHINES ON YOU.
ARISE, REPENT, AND CALL TO THE LORD:
I HAVE SINNED ; TRULY HAVE I SINNED.//
O LORD: HAVE MERCY ON ME.

HOPING IN YOU, WE PRAY TO YOU, O ALMIGHTY LORD:
DELIVER US FROM ALL DANGERS, PASSIONS AND DISTRESS,
THAT WE MAY PASS OUR LIFE IN PEACE,
AND LIVING IN PURITY, ON THE DAY OF JUDGEMENT,//
WE MAY FIND YOU OUR KIND AND MERCIFUL MASTER.

Glory... Now and ever....

Theotokos Hymn

WITH THE ANGELS, LET US SING TO THE THEOTOKOS,
FOR SHE GAVE BIRTH TO THE SAVIOUR OF THE WORLD.
AFTER HIS BIRTH SHE REMAINED A VIRGIN,
AND HER CHILDBEARING SAVED THE WORLD FROM ERROR.
BY NOURISHING WITH MILK THE SAVIOUR OF OUR SOULS,//
YOU HAVE GIVEN US ETERNAL FOOD.

APOSTIKHA:

Stikhs of repentance:

LIKE THE PRODIGAL I COME AND FALL BEFORE YOU, O LORD;
ACCEPT ME AS ONE OF YOUR HIRED SERVANTS,//
AND HAVE MERCY ON ME, O COMPASSIONATE ONE.

AS THE MAN WHO FELL AMONG THIEVES AND WAS WOUNDED,
I HAVE FALLEN, AND MY SOUL IS BRUISED BY MY MANY SINS.
TO WHOM CAN I, THE GUILTY ONE, RUN,
IF NOT TO YOU, THE ONLY MERCIFUL PHYSICIAN OF OUR SOULS ?//
POUR OUT YOUR GREAT MERCY ON ME, O GOD.

To the martyrs:

GLORY TO YOU, O CHRIST GOD,
THE BOAST OF THE APOSTLES, THE JOY OF THE MARTYRS,//
WHOSE PREACHING WAS THE CONSUBSTANTIAL TRINITY.

Glory... Now and ever....

Theotokos Hymn

REJOICE, O BRIDE OF GOD.
WE CRY OUT TO YOU WITH THE ANGELS.
YOU ARE CALLED THE ARK, THE SACRIFICIAL ALTAR, AND THE GATE,//
MOUNTAIN OF ABUNDANCE AND BURNING BUSH.

MONDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN: *of repentance*

SINCE REPENTANCE WILL CURE YOU FROM ALL SICKNESS, O MY SOUL,
DRAW NEAR TO THIS HOUSE OF HEALING WITH TEARS AND SIGHS.
CRY OUT TO THE PHYSICIAN OF OUR BODIES AND SOULS:
O LORD AND LOVER OF MANKIND: FREE ME FROM MY SINS.
NUMBER ME WITH THE HARLOT, THE THIEF AND THE PUBLICAN ;//
GRANT ME THE FORGIVENESS OF MY TRANSGRESSIONS, O GOD, AND SAVE ME.

V: O Lord: rebuke me not in Your anger.

I HAVE NOT EMULATED THE REPENTANCE OF THE PUBLICAN;
I HAVE NOT GAINED THE TEARS OF THE HARLOT.
IN MY BLINDNESS I CANNOT UNDERSTAND HOW TO AMEND MY LIFE AS THEY DID.//
BUT IN YOUR COMPASSION, O GOD, SAVE ME, AS THE LOVER OF MANKIND.

Glory... Now and ever....

Theotokos Hymn

O ALL-HOLY VIRGIN: YOU ARE HIGHER IN HONOUR THAN THE GLORIOUS CHERUBIM.
UNABLE TO ENDURE THE DIVINE SPLENDOUR,
THEY VEIL THEIR FACES WITH THEIR WINGS TO PERFORM THEIR MINISTRY;
BUT YOU GAZE WITH YOUR OWN EYES UPON THE INCARNATE WORD.//
PRAY TO HIM WITHOUT CEASING FOR OUR SOULS.

After the final reading from the Psalter:

SESSIONAL HYMN: *of repentance*

YOU ACCEPTED THE TEARS OF PETER AND THE HARLOT;
YOU JUSTIFIED THE PUBLICAN WHEN HE GROANED FROM THE DEPTHS OF HIS HEART.
O SAVIOUR: MY SINS HAVE BROUGHT ME TO DESPAIR.//
HAVE MERCY ON ME ALSO, AND SAVE ME.

V: Wonderful is God in His saints: the God of Israel.

to the martyrs

THE SAINTS, O LORD, CONTENDED BRAVELY ON THIS EARTH;
THEY TRAMPLED THE ENEMY AND OVERTHREW THE ERROR OF IDOLATRY.
THEREFORE THEY RECEIVED CROWNS FROM YOU, O LOVING MASTER,//
THE GOD OF ALL COMPASSION, WHO GRANTS US GREAT MERCY.

Glory... Now and ever....

Theotokos Hymn

O BLESSED THEOTOKOS; YOU ARE HIGHER THAN THE POWERS OF HEAVEN,
FOR YOU BECAME A TEMPLE OF GOD.//
YOU HAVE GIVEN BIRTH TO CHRIST, THE SAVIOUR OF OUR SOULS.

APOSTIKHA:

Stikhs of repentance

O SAVIOUR: SINNER THAT I AM,
DO NOT CUT ME DOWN LIKE THE BARREN FIG TREE.
BUT GRANT ME FOR A LONG YEAR FORGIVENESS,
WATERING MY SOUL WITH TEARS OF REPENTANCE,//
THAT I MAY BRING FORTH ACTS OF MERCY AS FRUIT FOR YOU.

SINCE YOU ARE THE SUN OF RIGHTEOUSNESS,
ENLIGHTEN AND GUIDE THE HEARS OF THOSE WHO CRY OUT TO YOU://
O LORD: GLORY TO YOU.

To the martyrs

AS WE CELEBRATE THE MEMORY OF YOUR HOLY WINNERS OF VICTORY,
WE SING YOUR PRAISES://
O LORD: GLORY TO YOU.

Glory... Now and ever....

Theotokos Hymn

WE BRING THE GREETING, REJOICE, TO YOU,
FOR YOU WERE REVEALED AS HIGHER THAN THE ANGELS, O THEOTOKOS,//
FOR YOU CONCEIVED AND CARRIED GOD IN YOUR WOMB.

MONDAY VESPERS:

LORD I CALL:

Stikhs of repentance

O ALL-COMPASSIONATE MASTER AND GOD:
ACCORDING TO THE JUDGEMENTS YOU HAVE ESTABLISHED,
GRANT THAT YOUR FEAR MAY ABIDE IN MY HEART,
LET ME LOVE YOU WITH ALL MY SOUL.
LET ME DESPISE THE DEEDS OF THE STRANGER,
AND DO YOUR REDEEMING WILL,//
FOR YOU ARE OUR GOD WHO SAID: ASK, AND YOU SHALL RECEIVE.

I HAVE BECOME A LAUGHING STOCK OF THE DEMONS,
A REPROACH TO MANKIND, A SUBJECT OF LAMENT FOR THE RIGHTEOUS,
A SOURCE OF TEARS FOR THE ANGELS,
AN OBJECT POLLUTING THE EARTH, AIR AND WATER,

FOR I HAVE STAINED MY BODY, SOUL AND MIND WITH DECEPTIONS,
AND HAVE BECOME AN ENEMY OF GOD.
WOE IS ME, I HAVE SINNED://
O LORD: I HAVE SINNED AGAINST YOU. FORGIVE ME.

I ENTREAT YOU, O MASTER, TO BEAR WITH ME IN MY BARRENNESS.
DO NOT CUT ME DOWN WITH A DEATH STROKE
AS THOUGH I WERE A TREE WITHOUT FRUIT,
BANISHING ME TO THE FIRE,
BUT RELENT AND MAKE ME FRUITFUL, O LOVER OF MANKIND,
AND GIVE ME TIME TO REPENT THAT I MAY WASH AWAY MY MANY SINS
WITH TEARS,//
O CHRIST MY SAVIOUR.

Glory... Now and ever....

Theotokos Hymn

O BLESSED VIRGIN MARY: CALM THE STORM OF MY LAZINESS,
THE TEMPEST OF INDIFFERENCE WHICH ENDANGERS MY BOAT ON ITS WAY
TO SALVATION.
GUIDE ME, O MOTHER OF GOD,//
TO THE STILL WATERS IN THE HARBOR OF REPENTANCE.

APOSTIKHA: *Stikhs of repentance*

LIKE THE PRODIGAL I COME AND FALL BEFORE YOU, O LORD;
ACCEPT ME AS ONE OF YOUR HIRED SERVANTS,//
AND HAVE MERCY ON ME, O COMPASSIONATE ONE.

AS THE MAN WHO FELL AMONG THIEVES AND WAS WOUNDED,
I HAVE FALLEN, AND MY SOUL IS BRUISED BY MY MANY SINS.
TO WHOM CAN I, THE GUILTY ONE, RUN,
IF NOT TO YOU, THE ONLY MERCIFUL PHYSICIAN OF OUR SOULS ?//
POUR OUT YOUR GREAT MERCY ON ME, O GOD.

To the martyrs

O HOLY MARTYRS, WHO FOUGHT THE GOOD FIGHT AND HAVE RECEIVED YOUR CROWNS: //
ENTREAT WITH THE LORD THAT HE WILL HAVE MERCY ON OUR SOULS.

Glory... Now and ever....

Theotokos Hymn

REJOICE, O LADY, CLOUD OF THE REASONABLE AND INEFFABLE SUN;
REJOICE, O LAMP FILLED WITH LIGHT.
REJOICE, O GOLDEN CANDLESTICK,
FOR BY YOU, EVE HAS BEEN DELIVERED FROM THE CURSE.
SINCE YOU HAVE BOLDNESS BEFORE YOUR SON AND OUR GOD, O MOST PURE ONE,
NEVER CEASE TO PLEAD WITH HIM BY YOUR MATERNAL PRAYERS,//
FOR HE WILL HEAR YOU.

TUESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN: *of repentance*

GIVE ME, O LORD, THE WATCHFULNESS OF THE WISE VIRGINS,
AND MAKE THE LAMP OF MY SOUL BURN BRIGHTLY WITH THE OIL OF YOUR COMPASSION,
THAT I MAY SING TO YOU THE HYMN OF THE ANGELS://
ALLELUIA.

VS: O Lord: rebuke me not in Your anger.

HAVE MERCY ON US, O LORD, HAVE MERCY ON US,
FOR LAYING ASIDE ALL EXCUSE,
WE SINNERS OFFER TO YOU, AS TO OUR MASTER, THIS SUPPLICATION://
HAVE MERCY ON US.

Glory... Now and ever....

Theotokos Hymn

O BLESSED THEOTOKOS:
OPEN THE DOORS OF COMPASSION TO US WHOSE HOPE IS IN YOU,
THAT WE MAY NOT PERISH BUT BE DELIVERED FROM ADVERSITY THROUGH YOU,//
FOR YOU ARE THE SALVATION OF THE CHRISTIAN PEOPLE.

After the final reading from the Psalter:

SESSIONAL HYMN *to the Forerunner*

AS YOU SHOW ALL PEOPLE THE WAYS OF LIFE, O HOLY JOHN,
CRYING OUT: PREPARE YOUR HEARTS FOR THE LORD.
SAVE MY SOUL WHICH IS BURDENED BY SINS.
PENETRATE THE HARDNESS OF MY HEART WITH COMPUNCTION
AND SAVE ME FROM ETERNAL PUNISHMENT BY YOUR PRAYERS,//
O FORERUNNER OF THE SAVIOUR.

VS: Wonderful is God in His saints: the God of Israel.

THE SAINTS SUFFERED AND CONTENDED WITH PATIENT ENDURANCE

AND RECEIVED FROM YOU THE PRIZE OF VICTORY.
THEY LAID LOW THE SCHEMES OF THE TRANSGRESSORS,
AND WERE GRANTED CROWNS OF INCORRUPTION.
AT THEIR PRAYERS, O GOD,//
BESTOW ON US YOUR GREAT MERCY.

Glory... Now and ever....

Theotokos Hymn

SEEKING SALVATION, I TAKE REFUGE IN YOU, O PURE VIRGIN,
ALTHOUGH THE MULTITUDE OF MY SINS IS GREAT, O MOTHER OF GOD.
VISIT MY WEAKENED SOUL
AND ASK YOUR SON AND OUR GOD TO GRANT HIS PARDON FOR MY BASE DEEDS,//
O ONLY VIRGIN, BLESSED AMONG WOMEN.

APOSTIKHA *Stikhs of repentance*

O SAVIOUR: HEAL THE WOUNDS OF MY HEART
LEFT BY MY MANY SINS.
PHYSICIAN OF SOULS AND BODIES,
GRANT FORGIVENESS OF FAULTS TO THOSE WHO ASK.
EVER GIVE ME TEARS OF PENITENCE,
RELEASING ME FROM WHAT I OWE YOU, O LORD,//
AND HAVE MERCY ON ME.

FINDING ME NAKED OF VIRTUES,
THE ENEMY WOUNDED ME WITH THE ARROW OF SIN,
BUT AS PHYSICIAN OF SOULS AND BODIES,
HEAL THE WOUNDS OF MY SOUL, O GOD,//
AND HAVE MERCY ON ME.

to the martyrs

IF WE DID NOT HAVE YOUR SAINTS AS INTERCESSORS,
AND YOUR GOODNESS, O LORD, WHICH SHARES OUR SUFFERINGS,
HOW WOULD WE DARE, SAVIOUR, TO SING PRAISES TO YOU
WHOM THE ANGELS UNCEASINGLY BLESS ?//
AS YOU KNOW OUR HEARTS, SPARE OUR SOULS.

Glory... Now and ever....

Theotokos Hymn

O PUREST VIRGIN THEOTOKOS:
NO ONE WHO RUNS TO YOU DEPARTS IN SHAME.
ONE WHO ASKS FOR GRACE RECEIVES THE GIFT//
RESPONDING TO HIS WORTHY REQUEST.

TUESDAY VESPERS:

LORD I CALL *Stikhs to the Cross*

IN DAYS OF OLD, I WAS BANISHED BY A TREE FROM PARADISE,
AND NOW THAT YOU HAVE BEEN CRUCIFIED, O CHRIST,//
A TREE HAS LED ME BACK THERE.

WHAT A FEARFUL WONDER.
THE CREATOR, STANDING BEFORE THE CREATURE, IS CONDEMNED AND CRUCIFIED,//
FOR THE SALVATION OF MANKIND.

O CROSS OF CHRIST: YOU ARE THE WONDER OF THE HOLY ANGELS,
THE MIGHTY WOUND OF DEMONS AND EVIL SPIRITS,//
AND YOU SAVE YOUR SERVANTS.

Glory... Now and ever....

Theotokos Hymn

O HOLY THEOTOKOS, WHO GAVE BIRTH TO THE MASTER WHO WAS CRUCIFIED FOR US:
YOU ARE OUR DEFENDER AND OUR SURE HOPE.
AS YOU ARE THE INTERCESSOR FOR US IN OUR SINFULNESS,//
WE BESEECH YOU TO PRAY TO HIM TO SAVE OUR SOULS.

APOSTIKHA

Stikhs to the Cross

NOW THAT WE HAVE YOUR CROSS AS OUR HOPE, O LORD,
WE ARE NO LONGER HELD BACK FROM THE TREE OF LIFE.//
GLORY TO YOU, O LORD.

HUNG UPON THE TREE, O IMMORTAL LORD,
YOU TRIUMPHED OVER THE SNARES OF THE DEVIL.//
GLORY TO YOU, O LORD.

To the martyrs

DESPISING EARTHLY THINGS, O HOLY MARTYRS,
AND BRAVELY PREACHING CHRIST IN THE ARENA,
YOU RECEIVED FROM HIM THE DUE REWARD FOR YOUR SUFFERINGS.
SINCE YOU HAVE BOLDNESS BEFORE THE PRESENCE OF THE ALMIGHTY GOD,//
WE ENTREAT YOU TO PRAY TO HIM FOR THE SALVATION OF OUR SOULS.

Glory.... Now and ever....

Theotokos Hymn

IN THOSE DAYS, BEHOLDING YOUR SON UPON THE TREE,
YOUR HEART, O MOST PURE VIRGIN,//
WAS PIERCED BY THE SWORD OF GRIEF.

APOSTIKHA:

Stikhs to the Cross

NOW THAT WE HAVE YOUR CROSS AS OUR HOPE, O LORD,
WE ARE NO LONGER HELD BACK FROM THE TREE OF LIFE.//
GLORY TO YOU, O LORD.

HUNG UPON THE TREE, O IMMORTAL LORD,
YOU TRIUMPHED OVER THE SNARES OF THE DEVIL.//
GLORY TO YOU, O LORD.

To the martyrs

DESPISING EARTHLY THINGS, O HOLY MARTYRS,
AND BRAVELY PREACHING CHRIST IN THE ARENA,
YOU RECEIVED FROM HIM THE DUE REWARD FOR YOUR SUFFERINGS.
SINCE YOU HAVE BOLDNESS BEFORE THE PRESENCE OF THE ALMIGHTY GOD,//
WE ENTREAT YOU TO PRAY TO HIM FOR THE SALVATION OF OUR SOULS.

Glory... Now and ever....

Theotokos Hymn

IN THOSE DAYS, BEHOLDING YOUR SON UPON THE TREE,
YOUR HEART, O MOST PURE VIRGIN,//
WAS PIERCED BY THE SWORD OF GRIEF.

WEDNESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN *of the Cross*

WORSHIPPING YOU, O CHRIST OUR GOD,
THE CHURCH, WITH THE CEDAR, PINE AND CYPRESS, CRIES OUT TO YOU:
AT THE PRAYERS OF THE THEOTOKOS,//
GRANT VICTORY TO THOSE IN AUTHORITY AND HAVE MERCY ON US.

VS: Extol the Lord our God; worship at His footstool for He is holy.

NAILED FOR MY SAKE TO THE CROSS,
IN YOUR LOVE, O CHRIST MY GOD//
ACCEPT MY LOVE AND EARLY MORNING RISING.

Glory... Now and ever....

Theotokos Hymn

PRAY WITHOUT CEASING, O THEOTOKOS,
TO CHRIST OUR GOD WHO WAS CRUCIFIED FOR US
AND HAS DESTROYED THE POWER OF DEATH,//
FOR THE SALVATION OF OUR SOULS.

After the final reading from the Psalter:

SESSIONAL HYMN *of the Cross*

FOR OUR SAKE, YOU SUFFERED THE CURSE OF THE CROSS, O CHRIST OUR GOD;//
ACCEPT US AS WE SING OF YOUR PASSION AND SAVE OUR SOULS, O LORD.

VS: Wonderful is God in His saints: the God of Israel.

YOU DESPISED THE GODLESS TYRANTS, O SAINTS,
AND SCORNING ALL THE PAIN OF TORTURE,
YOU DID NOT DENY YOUR FAITH IN CHRIST.//
THEREFORE PRAY TO GOD, THE LOVER OF MANKIND, FOR THE SALVATION OF OUR SOULS.

Glory... Now and ever....

Theotokos Hymn

O THEOTOKOS: EVER PRAY TO CHRIST OUR GOD,
WHO WAS CRUCIFIED FOR US, DESTROYING THE POWER OF DEATH,//
THAT HE MAY SAVE OUR SOULS.

APOSTIKHA

Of the Cross:

AS MASTER, O LOVER OF MANKIND,
YOU REDEEMED THE WORLD THROUGH YOUR CROSS.//
O LORD AND GIVER OF LIFE: GLORY TO YOU.

THE SUN WAS DARKENED, O MERCIFUL ONE,
WHEN YOU WERE VOLUNTARILY CRUCIFIED FOR THE SAKE OF THE WORLD.//
O LORD: GLORY TO YOU.

YOU WERE LIFTED UP AND REVEALED AS LIGHTS FOR THE UNIVERSE,
O ALL-LAUDABLE, SUFFERING SAINTS,//
CRYING OUT TO CHRIST: O LORD, GLORY TO YOU.

Glory... Now and ever....

Theotokos Hymn

WHEN THE BLAMELESS VIRGIN SAW YOU VOLUNTARILY NAILED TO THE WOOD//
SHE WEPT, SINGING PRAISE TO YOUR MAJESTY.

WEDNESDAY VESPERS:

LORD I CALL *Stikhs to the apostles*

O GLORIOUS APOSTLES:
YOU PLOUGHED THE WHOLE EARTH WITH THE PLOUGH OF THE
UNDE
RSTANDIN
G OF
GOD//
MAKING A GREAT HARVEST OF THE FAITHFUL TO GROW.

O BLESSED APOSTLES:
DISPERSE THE STORM OF MY PASSIONS,//
AND ENLIGHTEN ME WITH THE RADIANCE OF PURE LIGHT.

AS DISCIPLES OF THE WORD, YOU LED THE ASSEMBLY OF NATIONS//
FROM IGNORANCE TO THE UNDERSTANDING OF GOD.

Glory... Now and ever....

Theotokos Hymn

O BLESSED VIRGIN MARY:
WE BESEECH YOU TO PRAY TO YOUR SON AND OUR GOD//
THAT HE MAY HAVE MERCY ON OUR SOULS.

APOSTIKHA

Stikhs to the apostles

O GLORIOUS APOSTLES,
PILLARS OF THE CHURCH AND PREACHERS OF THE TRUTH:
YOU ARE BRIGHTLY SHINING LAMPS,
CONSUMING EVERY DELUSION WITH THE FIRE OF THE SPIRIT,
AND ENLIGHTENING ALL MANKIND WITH FAITH.
THEREFORE, WE BESEECH YOU,
ENTREAT OUR SAVIOUR AND GOD//
THAT HE MAY GRANT PEACE TO THE WORLD, AND SALVATION TO OUR SOULS.
O APOSTLES OF CHRIST, AND FELLOW WORKERS OF THE SAVIOUR:
YOU TOOK UP YOUR CROSSES UPON YOUR SHOULDERS LIKE PLOUGHS,
AND CLEANSING THE DESOLATE LAND OF THE ERROR OF IDOLATRY,
YOU SOWED THE WORD OF FAITH.//
WE RIGHTLY HONOUR YOU, HOLY APOSTLES OF CHRIST.

To the martyrs

O MARTYRS, WORTHY OF ALL PRAISE,
SHEEP OF CHRIST'S SPIRITUAL FLOCK:
YOU ARE A LIVING OFFERING AND ACCEPTABLE SACRIFICE, PLEASING TO THE LORD.
THOUGH THE EARTH DID NOT COVER YOU, HEAVEN RECEIVED YOU.
NOW THAT YOU ARE COMPANIONS WITH THE ANGELS,
WE ENTREAT YOU TO PRAY WITH THEM TO GOD OUR SAVIOUR,//
THAT HE MAY GRANT PEACE TO THE WORLD, AND SALVATION TO OUR SOULS.

Glory... Now and ever....

Theotokos Hymn

WE SING THE PRAISES OF THE ONLY WOMAN TO REMAIN VIRGIN AFTER GIVING BIRTH,
FOR SHE IS THE MOTHER OF GOD,//
AND WE CRY OUT: GLORY TO YOU.

THURSDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

of the Apostles

YOU MADE YOUR APOSTLES HUSBANDMEN IN YOUR FIELD, O WORD AND MASTER:
THEY MOWED DOWN THE IDOLS.
PREACHING YOU TO THE NATIONS WITH TRUE FAITH AND REVERENCE,//
THEY HAVE MAGNIFIED YOU.

VS: Their voice has gone out into all the earth and their words to the ends of the universe.

O CHILDREN OF THE CHURCH:
LET US CELEBRATE THE MEMORY OF THE ALL GLORIOUS APOSTLES;
LET US SING IN PRAISE OF CHRIST.
FOR BY PREACHING REPENTANCE THEY HAVE SAVED THOSE GUILTY OF SIN;
DRIVING OUT ALL ERROR, THEY BRING LIGHT TO THE WORLD//
AND OFFER INTERCESSION FOR THE INHABITED EARTH.

Glory... Now and ever....

Theotokos Hymn

REJOICE, FOR THE WORD TOOK FLESH FROM YOU AND DWELT AMONG US,
WHILE REMAINING STILL UNCHANGED.
REJOICE, O HONOURED VIRGIN, JOY OF THE APOSTLES AND MARTYRS ;
THE SALVATION OF THE FAITHFUL.//
REJOICE, O MOTHER OF CHRIST OUR GOD.

After the final reading from the Psalter:

SESSIONAL HYMN

to the apostles

NOT CHERISHING ANY WORLDLY GLORY ON EARTH, O GLORIOUS APOSTLES,
YOU PREACHED THE GOD OF HEAVEN TO MANKIND,//
AND YOU LED ALL PEOPLE TOWARDS HIM.

VS: Wonderful is God in His saints: the God of Israel.

WE ENTREAT YOU, O SAINTS, TO INTERCEDE FOR THE FORGIVENESS OF OUR SINS,
AND TO PRAY FOR OUR DELIVERANCE FROM THE TORMENT THAT AWAITS US//
AND FROM BITTER DEATH.

Glory... Now and ever....

Theotokos Hymn

THE FRUIT OF YOUR WOMB, O DIVINE BRIDE,
BECAME THE SOURCE OF SALVATION FOR MANKIND.
THUS, O MOTHER OF GOD,
WE THE FAITHFUL, GLORIFY YOU WITH OUR LIPS AND HEARTS//
AND WE MAGNIFY YOU.

APOSTIKHA

Stikhs of repentance

O GLORIOUS APOSTLES,
PILLARS OF THE CHURCH AND PREACHERS OF THE TRUTH:
YOU ARE BRIGHTLY SHINING LAMPS,
CONSUMING EVERY DELUSION WITH THE FIRE OF THE SPIRIT,
AND ENLIGHTENING ALL MANKIND WITH FAITH.
THEREFORE, WE BESEECH YOU:
ENTREAT OUR SAVIOUR AND GOD//
THAT HE MAY GRANT PEACE TO THE WORLD AND SALVATION TO OUR SOULS.

O APOSTLES OF CHRIST, AND FELLOW WORKERS OF THE SAVIOUR,
YOU TOOK UP YOUR CROSSES UPON YOUR SHOULDERS LIKE PLOUGHS,
AND CLEANSING THE DESOLATE LAND OF THE ERROR OF IDOLATRY,
YOU SOWED THE WORD OF FAITH.//
WE RIGHTLY HONOUR YOU, HOLY APOSTLES OF CHRIST.

BREATHING ONE PURPOSE AND LOOKING TO A SINGLE HOPE,
VYING WITH EACH OTHER IN THEIR END,
THE VICTORIOUS MARTYRS LOOKED UPON DEATH FOR CHRIST
AS THE ONLY ENTRY INTO LIFE.
WHAT WONDER. THOUGH THE TORTURE MIGHT BE POSTPONED,
THEY SEIZED HOLD OF IT AS PEOPLE SEIZE HOLD OF TREASURE,
AND THEY SAID TO ONE ANOTHER:
IF WE DO NOT DIE TODAY, YET SOME DAY WE SHALL SURELY DIE,
OBEYING AS WE MUST THE LAWS OF HUMAN BIRTH.
LET US TURN THIS LAW INTO A LABOUR OF LOVE,
AND MAKE WILLINGLY OUR OWN THE COMMON FATE OF ALL.
SO WE WILL PURCHASE LIFE WITH DEATH.//
AT THEIR INTERCESSIONS, O GOD, HAVE MERCY ON US.

Glory... Now and ever....

Theotokos Hymn To the special melody: *Today Judas Keeps Watch*

WOE IS ME. I AM IN UTTER MISERY.
I HAVE BECOME A HOUSE OF PLEASURES.
THEREFORE MY ENEMIES EVER BEHOLD ME AS A CAUSE FOR DERISION.
SO I FALL BEFORE YOU, O HOLY VIRGIN:
BEHOLD MY AFFLICTION AND EXTEND YOUR HELP TO ME;
CLEANSE ME WITH TEARS AND PROTECT ME, I PRAY.//

LET THOSE WHO REJOICE AT MY DESTRUCTION BE ASHAMED, O PURE ONE.

THURSDAY VESPERS:

LORD I CALL

Stikhs to the Cross

IN ORDER TO BRING MANKIND TO PERFECTION AND MAKE HIM DIVINE,
YOU, O ONLY GOOD ONE, BECAME MORTAL AND WERE CRUCIFIED.//
GLORY TO YOUR POWER, O CHRIST.

WHEN THE ASSEMBLY OF THE JEWS CONDEMNED YOU TO THE CROSS, O WORD,//
THE EARTH QUAKED AND THE SUN WAS DARKENED.

THE WICKED ASSEMBLY CROWNED YOU WITH THORNS, O IMMORTAL ONE,//
AND YOU, O HOLY KING, DESTROYED TO THE ROOT THE THORN TREE OF ERROR.

Glory... Now and ever....

Theotokos Hymn

O HOLY THEOTOKOS:
YOU GAVE BIRTH TO THE MASTER WHO WAS CRUCIFIED FOR US;
YOU ARE OUR DEFENDER AND OUR SURE HOPE.
AS YOU ARE THE INTERCESSOR FOR US IN OUR SINFULNESS,//
WE BESEECH YOU TO PRAY TO HIM TO SAVE OUR SOULS.

APOSTIKHA

Stikhs to the Cross

NOW THAT WE HAVE YOUR CROSS AS OUR HOPE, O LORD,
WE ARE NO LONGER HELD BACK FROM THE TREE OF LIFE.//
GLORY TO YOU, O LORD.

HUNG UPON THE TREE, O IMMORTAL LORD,
YOU TRIUMPHED OVER THE SNARES OF THE DEVIL.//
GLORY TO YOU, O LORD.

To the martyrs

GLORY TO YOU, O CHRIST GOD,
THE BOAST OF THE APOSTLES, AND THE JOY OF THE MARTYRS,//
WHOSE PREACHING WAS THE CONSUBSTANTIAL TRINITY.

Glory... Now and ever....

Theotokos Hymn

WHEN THE ALL PURE ONE BEHELD YOU,
NAILED OF YOUR OWN WILL TO THE CROSS,//
SHE WEPT AND PRAISED YOUR MIGHT.

FRIDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

of the Cross

YOU MADE YOUR CROSS, O CHRIST, BRIGHTER THAN ANY FIRE,
CLEARER THAN ANY FLAME.
IT ENLIGHTENS THE HEARTS OF MEN
AND BURNS THE SINS OF THOSE IN SICKNESS
AS THEY SING THE PRAISES OF YOUR VOLUNTARY CRUCIFIXION.//
O CHRIST OUR GOD: GLORY TO YOU.

VS: Extol the Lord our God; worship at His footstool for He is holy.

O RULER OF THE SPIRITUAL POWERS:
YOU UNDERSTAND THE SLOTH OF MY SOUL.//
SAVE ME BY YOUR CROSS, O CHRIST MY GOD, THE LOVER OF MAN.

Glory... Now and ever....

Theotokos Hymn

PRAY WITHOUT CEASING, O THEOTOKOS,
TO CHRIST OUR GOD WHO WAS CRUCIFIED FOR US
AND HAS DESTROYED THE POWER OF DEATH,//
FOR THE SALVATION OF OUR SOULS.

After the final reading from the Psalter:

SESSIONAL HYMN

of the Cross

ON THE TREE OF THE CROSS, YOU SAVE US FROM THE ANCIENT CURSE ;//
SAVE US ALSO, O LORD BY HEALING THE WOUNDS OF OUR HEARTS.

VS: Wonderful is God in His saints: the God of Israel.

YOUR MARTYRS, O LORD, DEFEATED THE ENEMY,
AND ARMED WITH THE POWER OF THE CROSS,
THEY PUT TO SHAME THE ERROR OF IDOLATRY.
THEREFORE, WITH THE ANGELS, WE CRY OUT TO YOU, O CHRIST,
GIVING GLORY TO YOU IN A HYMN OF VICTORY.//
AT THEIR INTERCESSION, WE BESEECH YOU, SAVE US.

Glory... Now and ever....

Theotokos Hymn

O VIRGIN: YOU CONCEIVED WITHOUT SEED
THE ONE WHOM YOU SAW NAILED TO THE CROSS.//
EVER PRAY TO HIM THAT OUR SOULS MAY BE SAVED.

APOSTIKHA

Of the Cross

O LOVER OF MANKIND: AS MASTER,
YOU REDEEMED THE WORLD THROUGH YOUR CROSS.//
O LORD AND GIVER OF LIFE: GLORY TO YOU.

O TRUE VINE: YOU WERE NAILED TO THE CROSS.
WITH THE THIEF, THE GENTILES GATHERED THE FRUITS OF PARADISE.
THIS IS THE GLORY OF THE CHURCH.
THIS IS THE WEALTH OF THE KINGDOM.//
O LORD WHO SUFFERED FOR OUR SAKE: GLORY TO YOU.

To the martyrs

AS WE CELEBRATE IN MEMORY OF YOUR HOLY MARTYRS,
WE SING YOUR PRAISES, O CHRIST,//
AND CRYING OUT: O LORD, GLORY TO YOU.

Glory... Now and ever....

Theotokos Hymn To the special melody: *Today Judas Keeps Watch*

O LONG-SUFFERING ONE: YOU ACCEPTED TO BE CRUCIFIED
AND KILLED LIKE A CRIMINAL,
IN ORDER THAT THROUGH THE TREE OF YOUR CROSS
YOU MIGHT LIFT US UP AGAIN WHEN WE HAD FALLEN BECAUSE OF THE TREE.
SHE WHO BORE YOU WAS ASTONISHED WHEN SHE SAW YOU DEAD
AND WITH GROANING THE VIRGIN CRIED OUT:
WHAT UNJUST MADNESS.//
HOW COULD THE LAWLESS ONES SLAY THE RIGHTEOUS ONE ?

FRIDAY VESPERS:

LORD I CALL

Stikhs to the martyrs

O SAVIOUR: WHEN YOU COME TO JUDGE ALL THE WORLD,
PUT ME NOT TO SHAME,//
THOUGH I HAVE DONE SHAMEFUL DEEDS.

GLORY TO YOU, O CHRIST GOD,
THE BOAST OF THE APOSTLES, THE JOY OF THE MARTYRS,//
WHOSE PREACHING WAS THE CONSUBSTANTIAL TRINITY.

O HOLY MARTYRS, WHO FOUGHT THE GOOD FIGHT AND HAVE RECEIVED YOUR CROWNS://
ENTREAT WITH THE LORD THAT HE MAY HAVE MERCY ON OUR SOULS.

Glory... Now and ever....

Theotokos Hymn

NO TONGUE CAN SPEAK OF YOUR WONDERFUL CHILDBEARING
FOR THE ORDER OF NATURE WAS OVERRULED BY GOD.
YOU WERE REVEALED TO BE A MOTHER ABOVE NATURE,
FOR YOU REMAINED A VIRGIN BEYOND REASON AND UNDERSTANDING.
YOUR CONCEPTION WAS MOST GLORIOUS, O THEOTOKOS.
THE MANNER OF YOUR GIVING BIRTH WAS INEFFABLE, O VIRGIN.
KNOWING YOU TO BE THE MOTHER OF GOD,
DEVOUTLY WE PRAY TO YOU://
BESEECH HIM TO SAVE OUR SOULS.

APOSTIKHA

Stikhs to the martyrs

DESPISING EARTHLY THINGS, O HOLY MARTYRS,
AND BRAVELY PREACHING CHRIST IN THE ARENA,
YOU RECEIVED FROM HIM THE DUE REWARD FOR YOUR SUFFERINGS.
SINCE YOU HAVE BOLDNESS BEFORE THE PRESENCE OF THE ALMIGHTY GOD,//
WE ENTREAT YOU TO PRAY TO HIM FOR THE SALVATION OF OUR SOULS.

O MARTYRS, WORTHY OF ALL PRAISE,
SHEEP OF CHRIST'S SPIRITUAL FLOCK:
YOU ARE A LIVING OFFERING AND ACCEPTABLE SACRIFICE, PLEASING TO THE LORD.
THOUGH THE EARTH DID NOT COVER YOU, HEAVEN RECEIVED YOU.
NOW THAT YOU ARE COMPANIONS WITH THE ANGELS,
WE ENTREAT YOU TO PRAY WITH THEM TO GOD OUR SAVIOUR,//
THAT HE MAY GRANT PEACE TO THE WORLD, AND SALVATION TO OUR SOULS.

For the departed

IN THE BEGINNING, YOU FORMED MAN ACCORDING TO YOUR IMAGE AND LIKENESS,
AND PLACED HIM IN PARADISE AS RULER OVER YOUR CREATION.
BUT HE WAS DECEIVED THROUGH THE ENVY OF THE DEVIL;
HE ATE THE FRUIT AND TRANSGRESSED YOUR COMMANDS.
THEREFORE, O LORD, YOU CONDEMNED HIM TO RETURN TO THE EARTH FROM WHICH HE WAS TAKEN,//
AND TO ASK FOR REST.

Glory... Now and ever....

Theotokos Hymn

AS THE ONLY ONE WHO ENCOMPASSED THE BOUNDLESS ONE,
AND GAVE BIRTH TO THE INCARNATE WORD OF GOD,//
ENTREAT HIM THAT OUR SOULS MAY BE SAVED.

SATURDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

to the martyrs

REJOICE, O RIGHTEOUS, AND LET THE HEAVENS BE GLAD.
FOR FIGHTING BRAVELY ON EARTH, THE MARTYRS HAVE BROUGHT ERROR TO AN END.
LET THE CHURCH CELEBRATE A FEAST OF JOY AND TRIUMPH,
GIVING GLORY TO THE JUDGE WHO ALONE GIVES THE VICTORY–//
CHRIST OUR GOD WHO GRANTS THE WORLD GREAT MERCY.

VS: God is wonderful in His saints; the God of Israel.

O SAINTS: YOU DESPISED, THE GODLESS TYRANTS,
AND SCORNING ALL THE PAIN OF TORTURES,
YOU DID NOT DENY YOUR FAITH IN CHRIST.
PRAY, THEN, TO GOD WHO LOVES MANKIND,//
FOR THE SALVATION OF OUR SOULS.

Glory... Now and ever....

Theotokos Hymn

SINCE YOU ARE THE TREASURY OF OUR RESURRECTION,
O VIRGIN WORTHY OF ALL PRAISE,
RAISE UP FROM THE PIT AND FROM THE DEPTH OF THEIR SINS,
THOSE WHO HAVE PUT THEIR TRUST IN YOU.
GUILTY OF SIN, THEY HAVE BEEN SAVED THROUGH YOU,
FOR YOU HAVE GIVEN BIRTH TO OUR SALVATION.
VIRGIN BEFORE CHILDBEARING AND WHILE GIVING BIRTH,//
YOU REMAIN A VIRGIN AFTER GIVING BIRTH.

After the final reading from the Psalter:

SESSIONAL HYMN

to the martyrs

WE ENTREAT YOU, O MARTYRS, TO INTERCEDE FOR THE FORGIVENESS OF OUR SINS ;
PRAY FOR OUR DELIVERANCE FROM ALL PUNISHMENT//
AND FROM BITTER DEATH.

VS: Blessed are those whom You have chosen and taken, O Lord.

GIVE REST, O LOVING LORD, TO YOUR SERVANTS WHOSE MEMORIAL WE KEEP,
IN THE LAND OF THE LIVING AND IN THE DWELLINGS OF THE RIGHTEOUS,
AND PARDONING WHATEVER SINS THEY COMMITTED IN THIS LIFE,
FOR YOU ARE A GOD OF COMPASSION, READY TO FORGIVE,//
GRANTING THE WORLD GREAT MERCY.

Glory... Now and ever....

Theotokos Hymn

REJOICE, FOR YOU FOUND A PLACE IN YOUR WOMB
FOR HIM WHOM THE FARTHEST REACHES WERE UNABLE TO CONTAIN.
REJOICE, FULFILMENT OF THE TEACHINGS OF THE PROPHETS,
VIRGIN FROM WHOM EMMANUEL WAS BORN://
O MOTHER OF CHRIST OUR GOD.

APOSTIKHA

to the martyrs

CELEBRATING THE MEMORIAL OF YOUR HOLY MARTYRS,
WE SING YOUR PRAISES, O CHRIST.//
WE CRY OUT: GLORY TO YOU, O LORD.

VS: Blessed are those whom You have chosen and taken, O Lord.

for the departed

SHINE UPON THOSE WHO HAVE DEPARTED TO YOU
WITH THE PURE JOY OF YOUR BEAUTY AND THE RAYS OF YOUR DIVINE LIGHT.
IN YOUR LOVE, COUNT THEM WORTHY
TO DWELL IN THE SPIRITUAL RADIANCE OF YOUR SPLENDOUR.
MAY THEY REJOICE WITH THE ANGELS BEFORE YOU,//
THE MASTER, LORD AND KING OF GLORY.

VS: Their memorial is from generation to generation.

THERE IS NO END TO THE SPLENDOUR OF YOUR GIFTS,
O UNFAILING TREASURY OF LOVE.
AS GOD, ACCEPT THOSE WHO HAVE DEPARTED TO YOU
AND MAKE THEM DWELL IN THE LAND OF YOUR ELECT:
IN A PLACE OF REST, IN THE HOUSE OF YOUR GLORY;
IN THE JOY OF PARADISE, THE BRIDAL CHAMBER OF VIRGINS,//
FOR YOU ARE COMPASSIONATE.

Glory... Now and ever....

Theotokos Hymn

YOU BEAR THE FULFILMENT OF THE LAW:
THE DELIVERER MADE FLESH.
FOR TO THOSE BEFORE HIS COMING,
THERE WAS NO JUSTIFICATION IN THE LAW,
BUT CHRIST CRUCIFIED FOR OUR SAKES HAS JUSTIFIED US.
SINCE YOU HAVE THE BOLDNESS OF A MOTHER,
O VIRGIN, WORTHY OF ALL PRAISE,
PRAY TO YOUR COMPASSIONATE SON
THAT HE MAY GIVE REST TO THE SOULS//
OF THOSE WHO HAVE DEPARTED FROM US IN THE TRUE FAITH.

SATURDAY VESPERS:

LORD I CALL

COME, LET US REJOICE IN THE LORD
WHO DESTROYED THE DOMINION OF DEATH.
LET US SING TO HIM WITH THE BODILESS HOSTS,
FOR HE ENLIGHTENED THE HUMAN RACE.//
O OUR MAKER AND SAVIOUR: GLORY TO YOU.

YOU ENDURED THE CROSS AND BURIAL FOR OUR SAKE.
BY YOUR DEATH, YOU DESTROYED DEATH AS GOD.
WE FALL DOWN BEFORE YOUR RESURRECTION ON THE THIRD DAY,//
O SAVIOUR: GLORY TO YOU.

WHEN THE APOSTLES BEHELD THE RESURRECTION OF THE MAKER,
THEY WERE AMAZED AND SANG THE ANGELIC PRAISE.
THIS IS THE GLORY OF THE CHURCH.
THIS IS THE RICHNESS OF THE KINGDOM.//
O LORD, CRUCIFIED FOR OUR SAKE: GLORY TO YOU.

The Anatolian stikhs

YOU WERE HELD BY LAWLESS MEN, O CHRIST,
BUT TO ME, YOU ARE GOD AND I AM NOT ASHAMED.
YOU WERE SMITTEN ON THE CHEEK, BUT I DO NOT DENY YOU.
YOU WERE NAILED TO THE CROSS AND I DO NOT CONCEAL IT,
FOR I GLORY IN YOUR RESURRECTION ; YOUR DEATH IS MY LIFE.//
O ALMIGHTY LORD AND LOVER OF MANKIND: GLORY TO YOU.

FULFILLING THE PROPHECY OF DAVID,
CHRIST MANIFESTED HIS GREATNESS IN SION TO THE DISCIPLES.
HE IS PRAISED AND ALWAYS GLORIFIED,
TOGETHER WITH THE FATHER AND THE HOLY SPIRIT.
AT FIRST AS THE WORD, HE WAS BODILESS,
BUT THEN HE TOOK FLESH AND WAS SLAIN FOR OUR SAKE.//
HE ROSE IN POWER AS THE LOVER OF MANKIND.

YOU DESCENDED INTO HADES AS YOU FREELY WILLED, O CHRIST,
OVERTHROWING DEATH AS GOD, AND RISING ON THE THIRD DAY AS MASTER.
WITH YOURSELF, YOU RAISED ADAM

FROM THE BONDS OF HADES, AND FROM CORRUPTION.//
GLORY TO YOUR RESURRECTION, O ONLY LOVER OF MANKIND.
YOU WERE PLACED IN THE TOMB, O LORD, AS ONE ASLEEP.
ON THE THIRD DAY YOU ROSE IN POWER,
RAISING ADAM WITH YOURSELF FROM THE CORRUPTION OF DEATH//
AS THE ALMIGHTY ONE.

3 stikhs from the menaion

Glory... Now and ever....

Theotokos Hymn

NO TONGUE CAN SPEAK OF YOUR WONDERFUL CHILDBEARING
FOR THE ORDER OF NATURE WAS OVERRULED BY GOD.
YOU WERE REVEALED TO BE A MOTHER ABOVE NATURE,
FOR YOU REMAINED A VIRGIN BEYOND REASON AND UNDERSTANDING.
YOUR CONCEPTION WAS MOST GLORIOUS, O THEOTOKOS.
THE MANNER OF YOUR GIVING BIRTH WAS INEFFABLE, O VIRGIN.
KNOWING YOU TO BE THE MOTHER OF GOD,
DEVOUTLY WE PRAY TO YOU://
BESEECH HIM TO SAVE OUR SOULS.

APOSTIKHA

AS THE SAVIOUR OF THE WORLD, YOU AROSE FROM THE TOMB.
AS GOD, YOU RESURRECTED THE HUMAN RACE WITH YOUR FLESH.//
O LORD: GLORY TO YOU.

VS: The Lord is King; He is robed in majesty.

COME, LET US WORSHIP THE ONE WHO ROSE FROM THE DEAD,
AND ENLIGHTENED ALL CREATION.
BY HIS DEATH, HE HAS SAVED US FROM THE TORMENTS OF HADES.//
BY HIS RESURRECTION HE HAS GRANTED US ETERNAL LIFE, AND GREAT MERCY.

VS: For He has established the world, so that it shall never be moved.

YOU DESCENDED INTO HADES,
AND CAPTURED DEATH, O CHRIST.
IN THREE DAYS YOU AROSE AGAIN,
RESURRECTING US, WHO GLORIFY YOUR RESURRECTION,//
O LORD AND LOVER OF MANKIND.

VS: Holiness befits Your house, Lord, forevermore.

WHEN YOU WERE PLACED IN THE TOMB AS ONE ASLEEP,
THE SIGHT WAS GREAT AND AWESOME.
BUT WHEN YOU ROSE ON THE THIRD DAY, AS ALMIGHTY GOD,
YOU RESURRECTED ADAM WITH YOURSELF.//
GLORY TO YOUR RESURRECTION, O ONLY LOVER OF MANKIND.

Glory... Now and ever....

Theotokos Hymn

ALL THE EARTH BORN RUN TO YOUR PROTECTION, O LADY.
O THEOTOKOS: YOU ARE OUR HOPE.
DELIVER US FROM OUR COUNTLESS SINS,//
AND PRAY THAT OUR SOULS MAY BE SAVED.

SUNDAY
HYMNS

TROPAR

BY YOUR CROSS, YOU DESTROYED DEATH.
TO THE THIEF, YOU OPENED PARADISE.
FOR THE MYRRHBEARERS, YOU CHANGED WEEPING INTO JOY.
AND YOU COMMANDED YOUR DISCIPLES, O CHRIST GOD,
TO PROCLAIM THAT YOU ARE RISEN,//
GRANTING THE WORLD GREAT MERCY.

KONTAK

THE DOMINION OF DEATH CAN NO LONGER HOLD MANKIND CAPTIVE,
FOR CHRIST DESCENDED, SHATTERING AND DESTROYING ITS POWERS.
HADES IS BOUND, WHILE THE PROPHETS REJOICE, AND CRY OUT:
THE SAVIOUR HAS COME TO THOSE IN FAITH,//
ENTER, YOU FAITHFUL, INTO THE RESURRECTION.

THEOTOKOS HYMN

O WOMAN, WORTHY OF ALL PRAISE:
SINCE YOU ARE THE TREASURY OF OUR RESURRECTION,
LIFT UP THOSE WHO HAVE THEIR TRUST IN YOU,
FROM THE DEPTH AND FROM THE PIT OF SINS.
BY GIVING BIRTH TO OUR SALVATION,
YOU SAVED THOSE WHO ARE WEIGHED DOWN BY THE RESULTS OF SIN.
YOU WERE A VIRGIN BEFORE GIVING BIRTH,
A VIRGIN AS YOU BROUGHT FORTH,//
AND A VIRGIN AFTER YOU HAD GIVEN BIRTH.

SATURDAY & SUNDAY (*FRIDAY & SATURDAY EVENINGS*)

SINCE YOU ARE THE TREASURY OF OUR RESURRECTION,
LIFT UP THOSE WHO HAVE THEIR TRUST IN YOU,
FROM THE DEPTH AND FROM THE PIT OF SINS.
BY GIVING BIRTH TO OUR SALVATION,
YOU SAVED THOSE WHO ARE WEIGHED DOWN BY THE RESULTS OF SIN.
YOU WERE A VIRGIN BEFORE GIVING BIRTH,
A VIRGIN AS YOU BROUGHT FORTH,//
AND A VIRGIN AFTER YOU HAD GIVEN BIRTH.

MONDAY (*SUNDAY EVENING*)

O UNDEFILED VIRGIN THEOTOKOS:
WITH THE POWERS OF HEAVEN, PRAY TO YOUR SON
THAT BEFORE THEIR END, HE MAY GRANT TO THOSE WHO FAITHFULLY
GLORIFIED HIM//
THE FORGIVENESS OF THEIR SINS.

TUESDAY (*MONDAY EVENING*)

O THEOTOKOS: WE GREET YOU, FOR YOU WERE MANIFESTED AS HIGHER
THAN THE ANGELS,//
WHEN YOU CARRIED GOD IN YOUR WOMB.

WEDNESDAY & FRIDAY (*TUESDAY & THURSDAY*)

O VIRGIN THEOTOKOS:
INTERCEDE WITHOUT CEASING TO CHRIST GOD
WHO WAS CRUCIFIED FOR US AND DESTROYED THE POWER OF DEATH//
THAT HE MIGHT SAVE OUR SOULS.

THURSDAY(*WEDNESDAY EVENING*)

THE FRUIT OF YOUR WOMB, O PURE ONE,
IS THE PERFECT FULFILMENT OF THE LAW AND OF THE PROPHETS.
THEREFORE, O THEOTOKOS, WE GLORIFY YOU WITH THANKS//
AND EXALT YOU WITH GREAT DEVOTION.

MATINS DISMISSAL THEOTOKOS HYMNS

MONDAY MORNINGS

YOU SURPASSED THE POWERS OF HEAVEN,
O BLESSED THEOTOKOS,
FOR YOU SHOWED YOURSELF TO BE A DIVINE TEMPLE,//
AS YOU BORE CHRIST THE SAVIOUR OF OUR SOULS.

TUESDAY MORNINGS

THROUGH THE PRAYERS OF THE THEOTOKOS, GRANT PEACE TO OUR LIVES,//
AS WE CRY OUT TO THEE: GLORY TO YOU, O MERCIFUL LORD.

WEDNESDAY & FRIDAY MORNINGS

DELIVER US, O THEOTOKOS,
FROM THE SINS WHICH GRIP US,
FOR WE, THE FAITHFUL HAVE NO OTHER HOPE THAN YOU,
AND GOD WHO WAS BORN OF YOU, //
O WOMAN WORTHY OF ALL PRAISE.

TONE 8

SATURDAY VESPERS:

LORD I CALL

WE OFFER TO YOU, O CHRIST,
OUR EVENING SONG AND REASONABLE SERVICE.
FOR YOU WILLED TO HAVE MERCY ON US,//
BY YOUR RESURRECTION.

LORD, LORD: DO NOT CAST US AWAY FROM YOUR FACE.
FOR YOU WILLED TO HAVE MERCY ON US,//
BY THE RESURRECTION.

REJOICE, O HOLY SION —
MOTHER OF THE CHURCHES, THE ABODE OF GOD.
FOR YOU WERE THE FIRST TO RECEIVE REMISSION OF SINS,//
BY THE RESURRECTION.

Anatolian stikhs

THE WORD OF GOD THE FATHER,
BEGOTTEN BEFORE THE AGES,
IN THE LATTER TIMES WILLED TO BE INCARNATE OF THE VIRGIN,
AND ENDURED CRUCIFIXION UNTO DEATH.
HE HAS SAVED MORTAL MAN,//
BY HIS RESURRECTION.

WE GLORIFY YOU, O LORD,
FOR YOU VOLUNTARILY ENDURED THE CROSS FOR OUR SAKE.
WE FALL DOWN IN WORSHIP BEFORE YOU, O ALMIGHTY SAVIOUR.
DO NOT CAST US AWAY FROM YOUR FACE,
BUT HEAR US AND SAVE US, O LOVER OF MANKIND,//
BY YOUR RESURRECTION.

GLORY TO YOU, O SAVIOUR CHRIST,
ONLY BEGOTTEN SON OF GOD, //
NAILED TO THE CROSS, AND RESURRECTED FROM THE TOMB ON THE THIRD DAY.

WE GLORIFY YOUR RESURRECTION FROM THE DEAD, O CHRIST,
BY WHICH YOU HAVE FREED ADAM'S RACE FROM THE TORTURES OF HADES,//
AND, AS GOD, HAVE GRANTED TO THE WORLD ETERNAL LIFE, AND GREAT MERCY.

Three stikhs from the menaion

Glory... Now and ever.......

Theotokos Hymn

THE KING OF HEAVEN, BECAUSE OF HIS LOVE FOR MANKIND,
APPEARED ON EARTH AND DWELT WITH MEN.
HE TOOK FLESH FROM THE PURE VIRGIN,
AND, AFTER ASSUMING IT, HE CAME FORTH FROM HER.
THE SON IS ONE: TWO NATURES, YET ONE PERSON.
PROCLAIMING HIM AS PERFECT GOD AND PERFECT MAN,
WE CONFESS CHRIST OUR GOD.//
ENTREAT HIM, O UNWEDDED MOTHER, TO HAVE MERCY ON OUR SOULS.

APOSTIKHA

DESCENDING FROM HEAVEN, TO ASCEND THE CROSS,
THE ETERNAL LIFE HAS COME FOR DEATH,
TO RAISE THOSE WHO ARE FALLEN ;
TO ENLIGHTEN THOSE IN DARKNESS. //
O JESUS, OUR SAVIOUR AND ILLUMINATOR: GLORY TO YOU.

VS: The Lord is King. He is robed in majesty.

WE GLORIFY CHRIST, WHO ROSE FROM THE DEAD.
HE ACCEPTED THE HUMAN BODY AND SOUL,
AND FREED BOTH FROM SUFFERING.
HIS MOST PURE SOUL DESCENDED TO HADES, WHICH HE SPOILED.
HIS HOLY BODY DID NOT SEE CORRUPTION IN THE TOMB.//
HE IS THE REDEEMER OF OUR SOULS.

VS: For He has established the world, so that it shall never be moved.

IN PSALMS AND SONGS, WE GLORIFY YOUR RESURRECTION FROM THE DEAD, O CHRIST.
BY IT, YOU HAVE FREED US FROM THE TORTURES OF HADES,//
AND, AS GOD, HAVE GRANTED ETERNAL LIFE AND GREAT MERCY.

VS: Holiness befits Your house, Lord, forevermore.

O MASTER OF ALL, INCOMPREHENSIBLE CREATOR OF HEAVEN AND EARTH:
BY YOUR SUFFERING ON THE CROSS, YOU HAVE GAINED PASSIONLESSNESS FOR ME.
ACCEPTING BURIAL, AND ARISING IN GLORY,
YOU RESURRECTED ADAM WITH YOURSELF, BY YOUR ALMIGHTY HAND.
GLORY TO YOUR RISING ON THE THIRD DAY.
BY IT, YOU HAVE GRANTED US ETERNAL LIFE, AND CLEANSING OF SINS,//
AS THE ONLY COMPASSIONATE ONE.

Glory... Now and ever.......

Theotokos Hymn

O UNWEDDED VIRGIN:
YOU INEFFABLY CONCEIVED GOD IN THE FLESH.
O MOTHER OF GOD MOST HIGH:
ACCEPT THE CRIES OF YOUR SERVANTS, O BLAMELESS ONE.

GRANT CLEANSING OF TRANSGRESSIONS TO ALL.//
RECEIVE OUR PRAYERS, AND PRAY TO SAVE OUR SOULS.

SUNDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

THE LIFE OF ALL IS RISEN FROM THE DEAD.
AN ANGEL OF LIGHT CRIED OUT TO THE WOMEN:
STOP YOUR WEEPING. ANNOUNCE THE GOOD TIDINGS TO THE APOSTLES.
SINGING PRAISES, CRY OUT THAT THE LORD IS RISEN.//
IT WAS HIS GOOD PLEASURE AS GOD TO SAVE THE WORLD.

VS: Arise, O Lord my God, lift up Your hand ; do not forget Your poor forever.

AS IT WAS WRITTEN, YOU ROSE INDEED FROM THE TOMB.
YOU COMMANDED THE HOLY WOMEN TO PROCLAIM THE RESURRECTION TO THE APOSTLES.
PETER RAN TO THE TOMB AND SEEING THE LIGHT WAS STRUCK WITH FEAR.
LOOKING DOWN HE SAW THE LINEN SHROUD LYING ALONE WITHOUT THE DIVINE BODY.
HE BELIEVED AND CRIED OUT: GLORY TO YOU, O CHRIST OUR GOD.//
YOU HAVE SAVED ALL, O OUR SAVIOUR, THE BRIGHTNESS OF THE FATHER.

Glory... Now and ever.......

Theotokos Hymn

LET US SING THE PRAISES OF THE HEAVENLY TABERNACLE AND GATEWAY,
THE HOLY MOUNTAIN, THE BRIGHT CLOUD, THE LADDER TO HEAVEN,
THE SPIRITUAL PARADISE, THE DELIVERER OF EVE, THE GREAT TREASURE OF THE WORLD.
FOR THE SALVATION OF THE WORLD AND THE PARDON OF THE OLD SINS WERE WROUGHT IN HER.
THEREFORE WE CRY OUT TO HER:
INTERCEDE WITH YOUR OWN SON AND GOD//
THAT HE MAY GIVE REMISSION OF SINS TO THOSE WHO RIGHTLY WORSHIP YOUR CHILD.

After the final reading from the Psalter:

SESSIONAL HYMN

MEN SEALED YOUR TOMB, O SAVIOUR,
BUT AN ANGEL ROLLED THE STONE FROM THE DOOR.
THE WOMEN SAW YOU RISEN FROM THE DEAD
AND ANNOUNCED TO YOUR DISCIPLES IN SION
THAT THE LIFE OF ALL WAS RISEN
AND THE BONDS OF DEATH WERE BROKEN.//
GLORY TO YOU, O LORD.

VS: I will praise You, Lord, with my whole heart ; I will speak of all Your marvellous works.

THE WOMEN WHO BROUGHT SPICES FOR BURIAL HEARD THE VOICE OF THE ANGEL FROM THE TOMB:
RECEIVE JOY INSTEAD OF SORROW.//
THE LORD CHRIST IS RISEN, WHOSE GOOD PLEASURE IT WAS AS GOD TO SAVE THE WORLD.

Glory... Now and ever.......

Theotokos Hymn

ALL OF CREATION REJOICES IN YOU, O FULL OF GRACE–
THE ASSEMBLY OF ANGELS AND THE HUMAN RACE.
O SANCTIFIED TEMPLE AND SPIRITUAL PARADISE,
THE GLORY OF VIRGINS FROM WHOM GOD WAS INCARNATE AND BECAME A CHILD–
OUR GOD BEFORE THE AGES.
HE MADE YOUR BODY INTO A THRONE AND YOUR WOMB HE MADE MORE SPACIOUS THAN THE HEAVENS.//
ALL OF CREATION REJOICES IN YOU, O FULL OF GRACE. GLORY TO YOU.

THE CANON

ODE ONE:

FIRST CANON

IRMOS:
THE ROD OF MOSES WORKED WONDERS IN DAYS OF OLD,
MARKING THE SEA WITH A CROSS,

STRIKING AND PARTING IT,
SINKING PHARAOH AS HE DROVE HIS CHARIOT,
WHILE SAVING ISRAEL WHO FLED ON FOOT,
AND SANG A SONG TO GOD.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

How shall we not wonder at the almighty Divinity of Christ ? For incorruption and freedom from passion flow to all the faithful from His Passion ; a fountain of immortality falls from His holy side and eternal life from His tomb.

How beautiful is the angel who now reveals himself, proclaiming to the women by his own shining form the brightness of the Resurrection. He bears the brilliant signs of the natural purity belonging to immateriality and he cries out: The Lord is risen.

Theotokos Hymn

Glorious things are spoken of you from generation to generation, O Virgin Theotokos, for you remained pure while containing God in your womb. Therefore we honour you as our advocate after God.

SECOND CANON

IRMOS:

ISRAEL CROSSED THE WATER ON FOOT AS IF IT WERE DRY LAND.
THEY ESCAPED THE EVIL EGYPTIAN AND CRIED OUT:
LET US SING TO OUR REDEEMER AND GOD.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

The gates of distress were lifted up, and the gatekeepers of Hades trembled with fear as they beheld in the lowest depths of the earth the One who dwells on high beyond every form of creation.

The ranks of angels were amazed to see human nature once banished and held in the lowest depths of the earth, now seated on the Father's throne.

Theotokos Hymn

The ranks of angels together with mortal men, sing your praises unceasingly, O unwedded Mother, for you carried as a Child in your arms the Creator of them all.

ODE THREE:

FIRST CANON

IRMOS:

O CHRIST: IN THE BEGINNING, YOU ESTABLISHED THE HEAVENS BY YOUR UNDERSTANDING,

AND FOUNDED THE EARTH UPON THE WATERS.
ESTABLISH ME UPON THE ROCK OF YOUR CHURCH,
FOR NONE IS HOLY BUT YOU, O ONLY LOVER OF MANKIND.
R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

By the saving Passion of Your flesh, O Christ, You justified Adam who was condemned by the taste of sin, for in the trial, the sinless One, manifestly owed no debt to death.

Jesus, my God, caused the light of the Resurrection to shine on those sitting in the darkness and the shadow of death ; and binding the strong man with His divinity, He plundered all his goods.

Theotokos Hymn

You are proclaimed to be higher than the cherubim and seraphim, for you alone, O undefiled Theotokos, received within your womb the uncontainable God. Therefore all the faithful bless you in hymns, O pure Virgin.

SECOND CANON

IRMOS:

O LORD: YOU FASHIONED THE VAULT OF HEAVEN
AND FOUNDED THE CHURCH:
ESTABLISH ME FIRMLY IN YOUR LOVE,
FOR YOU ARE THE HEIGHT OF ALL OUR DESIRES
AND THE FOUNDATION OF THE FAITHFUL, O ONLY LOVER OF MANKIND.
R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

When, long go, I disobeyed the command of my Maker, You banished me and made me a stranger. Then, being fashioned in my likeness, teaching me obedience through crucifixion, You made me to be Your friend.

O Lord: You foreknow all things in Your wisdom, and by Your understanding You laid the foundations of the earth: by Your descent, O Word of God, You did not count it unworthy of Yourself to raise up the one made in Your own image.

Theotokos Hymn

Having dwelt bodily in the Virgin, O Lord, You appeared to men in a fitting and visible form, thus revealing her as the true Theotokos, and helper of the faithful, O only Lover of mankind.

ODE FOUR:

FIRST CANON

IRMOS:
YOU ARE MY STRENGTH, O LORD,
MY POWER AND MY GOD.
YOU ARE MY EXCEEDING JOY,
WHO CONDESCENDED TO OUR POVERTY WHILE NOT LEAVING THE BOSOM OF THE FATHER.
THEREFORE WITH THE PROPHET HABAKKUK, I CRY OUT TO YOU:
GLORY TO YOUR MIGHT, O LOVER OF MANKIND.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
You greatly loved me, O merciful Saviour, when I was Your enemy. With unheard of self-emptying, You came to earth, not despising the final act of violence from my inner pride. While You remained in the heights of Your ineffable glory, You glorified me, disgraced in days of old.

Who is not filled with wonder, O Master, on beholding death destroyed through the Passion ? Corruption taking flight through the Cross ? Hades being emptied of wealth through a death ? This is the work of the divine authority of Your Crucifixion, O Lover of mankind.

Theotokos Hymn

You are the boast of the faithful, O unwedded Lady, the advocate and Refuge of Christians, their wall and haven, for you bring our petitions to your Son, saving from danger those who acknowledge you in faith and love as the pure Theotokos.

SECOND CANON

IRMOS:
O LORD: I HAVE HEARD OF THE MYSTERY OF YOUR DISPENSATION ;
I HAVE CONSIDERED YOUR WORKS,
AND I GLORIFY YOUR DIVINITY.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
The children of violence nailed You to the Cross, O Lover of mankind. Therefore, O Compassionate One, You save those who glorify Your sufferings.

Rising from the tomb, You raised with Yourself the dead in Hades, shedding the light of Your compassion on those who glorify Your Resurrection.

Theotokos Hymn

You gave birth to God, O undefiled Mary: through your prayers beseech Him to grant

us forgiveness of sins.

ODE FIVE:

FIRST CANON

IRMOS:
O NEVER-SETTING LIGHT: WHY HAVE YOU CAST ME FROM YOUR FACE ?
WHY HAS THE DARKNESS OF SEPARATION COVERED ME IN MY
WRETCHEDNESS ?
I ENTREAT YOU: LET ME RETURN
AND DIRECT MY STEPS IN THE LIGHT OF YOUR COMMANDMENTS.
R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
You were mocked before Your Passion, enduring a purple robe to clothe Adam's formless nakedness. You were nailed naked to the Cross in the flesh, putting off the garment of death, O Christ.

Rising from the dust of death, O Christ, You built again my fallen being and granted it immortality, revealing once again my royal image shining with the light of incorruption.

Theotokos Hymn

We entreat you, O most pure Lady, for you have the boldness of a Mother before your Son: do not fail in your providential care for us, your people. For we Christians bring you alone as our favourable offering before the Master.

SECOND CANON

IRMOS:
ENLIGHTEN US BY YOUR COMMANDMENTS, O LORD,
AND GRANT US PEACE BY YOUR MIGHTY, UPLIFTED ARM
AS THE LOVER OF MANKIND.
R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
Guide us by the might of Your Cross, through which we fall down before You, and grant us Your peace, O Christ, as the Lover of mankind.

Direct our lives, as we now sing the praises of Your Resurrection, and grant us Your peace, our God, as the Lover of mankind.

Theotokos Hymn

O Holy Mary, the unwedded pure One: entreat your Son and our God that He may send down upon us, the faithful, great mercy.

ODE SIX:

FIRST CANON

IRMOS:
CLEANSE ME, O SAVIOUR, OF MY MANY TRANSGRESSIONS.
LEAD ME UP FROM THE PIT OF EVIL, I ENTREAT YOU,
FOR TO YOU HAVE I CRIED ALOUD:
HEAR ME, O GOD OF MY SALVATION.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
The source of evil powerfully overthrew me through a tree ; when You were hung upon the Cross, O Christ, You overthrew the one who was stronger than I, making him a spectacle, and raising me, the fallen one.

You took pity on Sion, and rising from the tomb, You perfected the new Sion in place of the old by Your precious blood, O Compassionate One, and now, O Christ, You reign in her forever.

Theotokos Hymn

May we be saved by your prayers, O pure Mother of God, and obtain the divine illumination of the Son of God Who was ineffably made flesh of you, O all-holy One.

SECOND CANON

IRMOS:
I POUR OUT MY PRAYER TO THE LORD,
TELLING HIM OF ALL MY AFFLICTION,
FOR MY SOUL IS FULL OF EVILS
AND MY LIFE DRAWS NEAR TO HADES.
I BESEECH YOU AS JONAH, O GOD:
SNATCH MY LIFE FROM CORRUPTION.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
Spreading out Your hands upon the Cross, You healed the hand of the first-formed man that was outstretched with greed in Eden. Tasting, in Your turn, the gall from the bitter wood, You have saved those who glorify Your sufferings, O Almighty Christ.

The Redeemer tasted death that He might destroy the ancient curse and rule of corruption. Christ who descended to Hades as the all-powerful One, rose and saved those who sing the praises of His Resurrection.

Theotokos Hymn

O Virgin Theotokos: do not cease to intercede for us with your Son. For you are the

support of the faithful, and we are strengthened by our hope in you. With love and desire we glorify you, and the One ineffably made flesh from you.

KONTAK

BY RISING FROM THE TOMB, YOU RAISED THE DEAD AND RESURRECTED ADAM.
EVE EXULTS IN YOUR RESURRECTION,//
AND THE WORLD CELEBRATES YOUR RISING FROM THE DEAD, O GREATLY MERCIFUL ONE.

IKOS

You despoiled the kingdom of death, O long-suffering Lord ; You raised the dead. You met the myrrhbearing women and gave them joy instead of sorrow, and revealed to the apostles the signs of Victory, O my Saviour and Giver of Life. You enlightened the creation, O Lover of mankind//
AND THE WORLD CELEBRATES YOUR RISING FROM THE DEAD, O GREATLY MERCIFUL ONE.

ODE SEVEN:

FIRST CANON

IRMOS:
ONCE, AT THE DESCENT OF GOD,
THE FIRE IN BABYLON WAS PUT TO SHAME
WHILE THE CHILDREN DANCED WITH JOYFUL FEET,
REJOICING IN THE FURNACE AS IN A GRASSY FIELD AND SINGING:
BLESSED ARE YOU, GOD OF OUR FATHERS.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
The glorious emptying, and divine wealth of Your poverty, amazed the angels, O Christ, as they beheld You nailed to the Cross to save those who cry out in faith to You : Blessed are You, O God of our fathers.

You have filled the lowest depths of the earth with light by Your divine descent, driving out the tormenting darkness. Therefore the prisoners in age-old bonds cry out : Blessed are You, O God of our fathers.

R: GLORY TO YOU, O HOLY TRINITY, OUR GOD.

Stating the teaching of the Orthodox Faith, we proclaim You the Lord of all, O Father of the One and only-begotten Son, and we know the One true Spirit who proceeds from You, Co-eternal and One in essence.

SECOND CANON

IRMOS:
THE CHILDREN WHO CAME FROM JUDAH TO BABYLON IN DAYS OF OLD
BY FAITH IN THE TRINITY
TRAMPLED THE FLAMES OF THE FURNACE BENEATH THEIR FEET AND SANG:
BLESSED ARE YOU, THE GOD OF OUR FATHERS.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
You have wrought salvation in the midst of the earth as was prophesied, O God, for lifted upon the Cross, You called back all who cry in faith : Blessed are You, the God of our fathers.
Rising from the tomb as from sleep, You have raised the world with Yourself, O Merciful One. Creation has come to Your Resurrection through the preaching of the apostles : Blessed are You, the God of our fathers.

Theotokos Hymn

You are equal to the Father and the Spirit in power and might. At their good pleasure You have taken form in the womb of the Virgin, O Co-eternal One. Blessed are You, the God of our fathers.

ODE EIGHT: *May be sung as stikhs on the Song of the Three Children*

FIRST CANON

IRMOS:
IN HIS WRATH, THE CHALDEAN TYRANT
HAD THE FURNACE HEATED SEVEN-FOLD FOR THE SERVANTS OF GOD,
BUT SEEING THEM SAVED BY A BETTER POWER,
HE CRIED OUT: BLESS THE MAKER AND DELIVERER, O CHILDREN.
PRIESTS, PRAISE HIM ; PEOPLE, EXALT HIM ABOVE ALL FOREVER.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:
More than godlike, the power of the divinity of Jesus has shone on us in many ways : for having tasted death in the flesh on the Cross for the sake of all men He destroyed the might of Hades. Therefore ever bless Him, O children, praise Him, O priests ; O people, exalt Him above all forever.

The Crucified One is risen ; the vain and boastful one is fallen ; the fallen and contrite are restored ; corruption is banished and incorruption blossoms for death is swallowed up by life. Bless Him, O children, praise Him, O priests ; O People, exalt Him above all forever.

R: GLORY TO YOU, O HOLY TRINITY, OUR GOD.

O Godhead in triune Light : a single radiance shining from one Nature in three Persons. The Father without beginning ; the Word of the same nature as the Father, and the Spirit, consubstantial and co-reigning with them. Exalt Him, O children, praise Him O Priests ; O people, exalt Him above all forever.

SECOND CANON

IRMOS:
BORN OF GRACE AND VICTORIOUS OVER THE TYRANT AND FIRE,
THE CHILDREN HELD FAST TO YOUR COMMANDMENTS, CRYING ALOUD:
BLESS THE LORD, ALL YOU WORKS OF THE LORD,
AND EXALT HIM THROUGHOUT ALL THE AGES.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:
Stripped bare on the Cross, His hands stretched out to me, the Lord calls me to comfort and cherish His glorious nakedness. Bless the Lord, all you works of the Lord, and exalt Him throughout all the ages.

He lifted me up from the lowest depths of Hades, and honoured me with the glory of the Father's high throne. Bless the Lord, all you works of the Lord, and exalt Him throughout all the ages.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD: NOW AND EVER AND UNTO AGES OF AGES. AMEN.

Theotokos Hymn

O Virgin : you are revealed as the daughter of fallen Adam, yet you are the Mother of the God who renewed my being, and we His works, all bless the Lord, and exalt Him throughout all the ages.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

THE MAGNIFICAT IS SUNG

ODE NINE:

FIRST CANON

IRMOS:
HEAVEN WAS AMAZED AND THE EARTH STRUCK WITH WONDER
THAT GOD SHOULD APPEAR IN A BODY TO MEN.

YOUR WOMB BECAME MORE SPACIOUS THAN THE HEAVENS.
THEREFORE THE COMMANDERS OF THE HEAVENLY HOSTS AND MANKIND TOGETHER
MAGNIFY YOU, O THEOTOKOS.

R: GLORY, O LORD, TO YOUR HOLY RESURRECTION.

Tropars:

O Word of God : by Your divine nature You are simple and unoriginate, yet You made Yourself of dual nature by assuming flesh. You suffered as a man, but remained beyond suffering as God. Therefore we magnify You in Your two natures without division or confusion.

In Your compassion for Your servants, O Most High, You became man by nature, calling on God as Your Father according to Your divine essence. You rose from the tomb, making the One who by nature is both God and Lord, Father by grace to those born on earth. Together with Him we magnify You.

Theotokos Hymn

O Virgin : you were revealed as the Mother of God, for beyond nature you bore the good Word in the flesh, Whom the Father issued forth from His heart before all ages. We now understand Him to be beyond the body, yet the body clothes Him.

SECOND CANON

IRMOS:

EVERY EAR TREMBLED IN AWE HEARING OF THE DESCENT OF GOD:
THE MOST HIGH CAME DOWN OF HIS OWN WILL,
BECOMING A MAN OF FLESH WITHIN THE VIRGIN'S WOMB.
THEREFORE WE FAITHFUL MAGNIFY THE PURE THEOTOKOS.

R: GLORY, O LORD, TO YOUR HOLY CROSS AND RESURRECTION.

Tropars:

We know that the Son of God by nature was conceived in the womb of the Mother of God and thus became man for our sakes. Lifted up on the Cross, He suffered in His human nature, while remaining impassible as God.

Gloom and darkness are dispelled, for Christ, the Sun of righteousness, has risen from Hades, shining with the light of divinity and enlightening the ends of the earth. He is the man from heaven and God upon earth Whom we magnify in two natures.

Theotokos Hymn

In Your majesty, ride forth victoriously, O Son of the Mother of God. Subdue the people of Ishmael that fight against us. Grant Your invincible Cross to Orthodox Christians who call on You for help.

THE PRAISES

O LORD : STANDING BEFORE THE JUDGMENT SEAT OF PILATE,
YOU DID NOT COME DOWN FROM THE THRONE WHERE YOU SIT WITH THE FATHER.
AND RISING FROM THE DEAD,
YOU HAVE DELIVERED THE WORLD FROM BONDAGE TO THE ENEMY,//
AS THE COMPASSIONATE ONE AND THE LOVER OF MANKIND.

O LORD : YOU HAVE GIVEN US YOUR CROSS,
AS A WEAPON AGAINST THE DEVIL,
FOR HE TREMBLES AND QUAKES, UNABLE TO BEAR THE SIGHT OF ITS POWER,
AS IT RAISES THE DEAD, ABOLISHING DEATH.//
THEREFORE WE WORSHIP YOUR BURIAL AND RESURRECTION.

THOUGH THE JEWS PLACED YOU IN THE GRAVE AS DEAD, O LORD,
THEY CAUSED SOLDIERS TO GUARD YOU AS A SLEEPING KING.
THEY SECURED THE TREASURY OF LIFE WITH A SEAL.//
BUT YOU HAVE RISEN, GRANTING INCORRUPTION TO OUR SOULS.

PROCLAIMING THE RESURRECTION, O LORD,
YOUR ANGEL FRIGHTENED THE WATCHMEN AND CALLED TO THE WOMEN SAYING:
WHY DO YOU SEEK THE LIVING AMONG THE DEAD ?//
HE IS RISEN AS GOD, GRANTING LIFE TO THE WORLD.

Anatolian stikhs

YOU SUFFERED ON THE CROSS, IMPASSIBLE IN YOUR DIVINITY.
YOU ENDURE THREE DAYS' BURIAL TO DELIVER US FROM BONDAGE TO THE ENEMY.
O CHRIST GOD : YOU REVIVED US BY YOUR RESURRECTION,//
GRANTING US IMMORTALITY AS THE LOVER OF MANKIND.

I PRAISE, HYMN AND WORSHIP YOUR RESURRECTION FROM THE GRAVE, O CHRIST,
BY WHICH YOU HAVE FREED US FROM THE UNBREAKABLE CHAINS OF HADES ;//
AS GOD, GRANTING THE WORLD ETERNAL LIFE AND GREAT MERCY.

THE LAW-BREAKERS SEALED AND SET A WATCH,
GUARDING YOUR LIFE-BEARING TOMB.//

BUT YOU HAVE RISEN ON THE THIRD DAY AS IMMORTAL AND ALL
POWERFUL GOD.
WHEN YOU, O LORD, REACHED AND SHATTERED THE GATES OF HADES,
THE ONE HELD IN BONDAGE CRIED OUT:
WHO IS THIS THAT IS NOT CONDEMNED IN THE DEPTHS OF THE EARTH,
BUT HAS DESTROYED THE PRISON OF DEATH AS A SHADOW ?
I RECEIVED HIM AS DEAD, YET TREMBLE BEFORE HIM AS GOD.//
O ALL-POWERFUL SAVIOUR : HAVE MERCY ON US.

GLORY... *Gospel Hymn*

NOW AND EVER... TONE 2

YOU ARE MOST BLESSED...

GREAT DOXOLOGY

SUNDAY:

TROPAR

YOU DESCENDED FROM ON HIGH, O MERCIFUL ONE.
YOU ACCEPTED THE THREE DAY BURIAL, TO FREE US FROM OUR SUFFERINGS.//
O LORD, OUR LIFE AND RESURRECTION: GLORY TO YOU.

KONTAK

BY RISING FROM THE TOMB, YOU RAISED THE DEAD AND RESURRECTED ADAM.
EVE EXULTS IN YOUR RESURRECTION,//
AND THE WORLD CELEBRATES YOUR RISING FROM THE DEAD, O GREATLY MERCIFUL ONE.

THEOTOKOS HYMN

O GOOD ONE: FOR OUR SAKE, YOU WERE BORN OF A VIRGIN.
YOU SUFFERED CRUCIFIXION, AND DESPOILED DEATH THROUGH DEATH,
AND, AS GOD, YOU REVEALED THE RESURRECTION:
DO NOT DESPISE THOSE WHOM YOU HAVE CREATED WITH YOUR OWN HAND.
SHOW FORTH YOUR LOVE FOR MANKIND, O MERCIFUL ONE.//
ACCEPT THE PRAYERS OF THE THEOTOKOS, AND SAVE YOUR DESPAIRING PEOPLE.

SUNDAY VESPERS:

LORD I CALL

Stikhs of repentance

O LORD : YOU CAME TO CALL SINNERS,
ACCEPTING THE THIEF, THE PUBLICAN, AND THE PRODIGAL:
I HAVE SINNED AGAINST YOU MORE THAN THESE.//
CALL ME TO REPENTANCE, O LOVER OF MANKIND.

YOU TURNED TAX COLLECTORS INTO PASTORS OF THE CHURCH,
AND THE ONE WHO PERSECUTED HER BECAME HER DEFENDER.
BY THEIR PRAYERS, O SAVIOUR, MAKE ME ONE OF YOUR FLOCK,//
PRESERVING ME FROM BEING DEVOURED BY STRANGE AND EVIL PASSIONS.

WEEP, O MY SINFUL SOUL ;
TURN TO GOD BEFORE THE END.
CALL TO HIM FROM YOUR HEART, AND CRY OUT, O EVIL-DOER :
I HAVE SINNED BEFORE YOU, O CHRIST.
DO NOT DESPISE ME, I PRAY, BUT ACCEPT ME AGAIN,//
FOR YOU ARE MERCIFUL AND GRANT FORGIVENESS.

Glory... Now and ever.......

Theotokos Hymn

CREATION EVER OFFENDS AND BEARS THE CURSE OF THE CREATOR.
PRAY, O MAIDEN, THAT I MAY AVOID THAT FATE.
THROUGH YOUR HELP WE ACCOMPLISH NOBLE DEEDS,//
AS WE DESIRE FORGIVENESS AND SALVATION.

APOSTIKHA

Stikhs of repentance

THE ANGELS NEVER CEASE SINGING PRAISES TO YOU,
AND I FALL BEFORE YOU, O KING AND MASTER.
I CRY OUT LIKE THE PUBLICAN://
BE MERCIFUL TO ME, O GOD, AND SAVE ME.

SINCE YOU ARE IMMORTAL, O MY SOUL,
DO NOT BE OVERWHELMED BY THE WAVES OF LIFE.
COME TO YOUR SENSES AND CRY OUT TO THE BENEFACTOR://
BE MERCIFUL TO ME, O GOD, AND SAVE ME.

To the martyrs

O MARTYRS OF THE LORD:
YOU SANCTIFY EVERY PLACE AND HEAL EVERY ILL.
NOW THEREFORE, INTERCEDE WITH HIM,//
THAT HE MAY DELIVER OUR SOULS FROM EVERY WILE AND SNARE OF THE ENEMY.

Glory... Now and ever.......

Theotokos Hymn

THE VOICE OF THE ARCHANGEL PROCLAIMED:
REJOICE, O MOTHER OF GOD, FOR YOU GIVE BIRTH TO CHRIST,//
THE ONE WHO GIVES LIFE TO THE WORLD.

SUNDAY MATINS:

THIRD CANON TO THE THEOTOKOS

ODE ONE:
IRMOS:
MARKING THE SEA WITH A CROSS, THE ROD OF MOSES WORKED WONDERS IN DAYS OF OLD,
STRIKING AND PARTING IT,
SINKING PHARAOH AS HE DROVE HIS CHARIOT,
WHILE SAVING ISRAEL WHO FLED ON FOOT,
SINGING A SONG TO GOD.
R: O MOST HOLY THEOTOKOS: SAVE US.
Tropars:
You gave birth beyond nature to the Incarnate Word, Eternal God from the beginning: we praise you, O pure Theotokos.

The Virgin brought You forth, O Christ, Life-bearing cluster of the vine, distilling the sweetness of the world's salvation.

The race of Adam was raised through you to blessedness beyond all understanding, glorifying you, O Theotokos, as is fitting and right.

ODE THREE:
IRMOS:
O CHRIST : IN THE BEGINNING YOU ESTABLISHED THE HEAVENS BY YOUR UNDERSTANDING
AND FOUNDED THE EARTH UPON THE WATERS,
ESTABLISH ME UPON THE ROCK OF YOUR CHURCH,
FOR NONE IS HOLY BUT YOU, ONLY LOVER OF MANKIND.
R: O MOST HOLY THEOTOKOS : SAVE US.
Tropars:
Grant us help by your prayers, O all-pure Virgin, and repel the attacks of the dangers that surround us.

By bringing the Author of life into the world, O Theotokos, you are the restoration of our first mother Eve.

Gird me with strength from on high, O all-pure Virgin, for you truly brought forth God in the flesh : the Might of the Father in Person.

ODE FOUR:
IRMOS:
YOU ARE MY STRENGTH, O LORD,
MY POWER AND MY GOD.
YOU ARE MY EXCEEDING JOY,
WHO CONDESCENDED TO OUR POVERTY WHILE NOT LEAVING THE BOSOM
OF THE FATHER.
THEREFORE WITH THE PROPHET HABAKKUK, I CRY OUT TO YOU :
GLORY TO YOUR MIGHT, O LOVER OF MANKIND.
R: O MOST HOLY THEOTOKOS : SAVE US.
Tropars:
O Theotokos : you are the unploughed field that put forth the life-giving ear of grain for the life of the world. Save us who sing to you.

We who have been enlightened, O all-pure One, know you as the Theotokos, O ever-Virgin, for you brought forth the Sun of Righteousness.

O Sinless God : cleanse the sins of our ignorance and grant peace to Your world through the prayers of the one who bore You.

ODE FIVE:
IRMOS:
O NEVER-SETTING LIGHT : WHY HAVE YOU CAST ME FROM YOUR FACE ?
WHY HAS THE DARKNESS OF SEPARATION COVERED ME IN MY
WRETCHEDNESS ?
I ENTREAT YOU : LET ME RETURN
AND DIRECT MY STEPS IN THE LIGHT OF YOUR COMMANDMENTS.
R: O MOST HOLY THEOTOKOS : SAVE US.
Tropars:
You brought forth God, our Pilot and Lord. Calm the ever-raging storm of my passions. The ranks of angels and assemblies of mortal men worship the Son you bore, O pure Theotokos.

O Unwedded Theotokos Mary : bring the expectations of the enemy to nothing and gladden those who sing your praise.

ODE SIX:
IRMOS:
CLEANSE ME, O SAVIOUR, OF MY MANY TRANSGRESSIONS.
LEAD ME UP FROM THE PIT OF EVIL, I ENTREAT YOU,
FOR TO YOU HAVE I CRIED ALOUD:
HEAR ME, O GOD OF MY SALVATION.

R: O MOST HOLY THEOTOKOS : SAVE US.

Tropars:
We faithful proclaim you to be the Ark and Temple of God ; the living Bridal Chamber and Gate of heaven, O Theotokos.

He who became your Child, O Mary, Bride of God, as God destroyed the heathen idols. He is worshipped with the Father and the Spirit.

The Word of God revealed you, O Theotokos, as a heavenly Ladder, for through you He descended to us.

ODE SEVEN:
IRMOS:
ONCE, AT THE DESCENT OF GOD,
THE FIRE IN BABYLON WAS PUT TO SHAME
WHILE THE CHILDREN DANCED WITH JOYFUL FEET,
REJOICING IN THE FURNACE AS IN A GRASSY FIELD AND SINGING:
BLESSED ARE YOU, O GOD OF OUR FATHERS.
R: O MOST HOLY THEOTOKOS : SAVE US.
Tropars:
You were revealed for our salvation, made flesh from the womb of a Virgin. Therefore, as we behold Your Mother as the Theotokos, we cry out in the Orthodox manner : Blessed are You, the God of our fathers.

O all-blessed stem of the root of Jesse : you have blossomed forth the fruit of salvation for those who cry out to your Son in faith : Blessed are You, the God of our fathers.

O Wisdom of the substance of the Most High : through the Theotokos fill with divine strength and wisdom those who sing to You in faith. Blessed are You, the God of our fathers.

ODE EIGHT: *May be sung as stikhs on the Song of the Three Children*
IRMOS:
IN HIS WRATH, THE CHALDEAN TYRANT
HAD THE FURNACE HEATED SEVEN-FOLD FOR THE SERVANTS OF GOD,
BUT SEEING THEM SAVED BY A BETTER POWER,
HE CRIED OUT : BLESS THE MAKER AND DELIVERER, O CHILDREN.
O PRIESTS : PRAISE HIM ; O PEOPLE : EXALT HIM ABOVE ALL FOREVER.

IRMOS:

THE KING OF HEAVEN WHO IS ACCLAIMED BY ALL
AND HYMNED BY THE HOST OF ANGELS:
SING AND EXALT HIM THROUGHOUT ALL THE AGES.

R: O MOST HOLY THEOTOKOS : SAVE US.

Tropars:
Quench the burning darts of the adversary that assail and inflame us that we may sing your praises, O Virgin, throughout all the ages.

O Virgin : the unapproachable Light made His dwelling in you, revealing you as a lamp shining like gold throughout all the ages.

R: LET US BLESS THE FATHER AND THE SON AND THE HOLY SPIRIT, THE LORD: NOW AND EVER AND UNTO AGES OF AGES. AMEN.

Tropars:
Beyond nature, O Virgin, you have borne the Word of God, our Creator and Saviour, and we sing to you throughout all the ages.

R: WE PRAISE, BLESS AND WORSHIP THE LORD, SINGING AND EXALTING HIM THROUGHOUT ALL AGES.

ODE NINE:
IRMOS:
HEAVEN WAS AMAZED AND THE EARTH STRUCK WITH WONDER
THAT GOD SHOULD APPEAR IN A BODY TO MEN.
YOUR WOMB BECAME MORE SPACIOUS THAN THE HEAVENS.
THEREFORE THE COMMANDERS OF THE HEAVENLY HOSTS AND MANKIND TOGETHER
MAGNIFY YOU, THEOTOKOS.

R: O MOST HOLY THEOTOKOS : SAVE US.

Tropars:
How joyful, full of gladness and healing is the thought of you for those who come to you for help, faithfully proclaiming you to be the Theotokos.

We praise you in psalms, O Full of Grace, and offer you our unceasing greeting : Rejoice. For all joy and exaltation spring from you.

How beautiful is your fully ripened fruit, O Theotokos, which does not bring corruption to those who taste of it, but life for those who magnify you in faith.

MONDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN *of repentance*

O LORD : LOOK ON MY LOWLINESS WITH A COMPASSIONATE EYE,
FOR THERE IS NO SALVATION FOR ME IN MY DEEDS AND MY LIFE IS SOON SPENT.//
SO I CRY OUT : O LORD, LOOK ON MY LOWLINESS WITH A COMPASSIONATE EYE AND SAVE ME.

VS: O Lord : rebuke me not in Your anger.

BE FULL OF ANXIOUS FEAR, O MY SOUL,
AS THOUGH YOU STAND IN THE PRESENCE OF THE JUDGE ;
CALL TO MIND THAT DREADFUL DAY AND HOUR.
THE JUDGEMENT SHALL BE WITHOUT MERCY FOR THOSE WHO SHOWED NO MERCY.//
THEREFORE SPARE ME, O SAVIOUR, AS THE ONLY LOVER OF MANKIND.

Glory... Now and ever.......

Theotokos Hymn

WE RUN TO YOU WITH FAITH, O MOST PURE THEOTOKOS,
THE SPIRITUAL GATEWAY OF OUR LIFE.
DELIVER US FROM DANGER,//
THAT WE MAY GLORIFY YOUR HOLY CHILDBEARING FOR THE SALVATION OF OUR SOULS.

After the final reading from the Psalter:

SESSIONAL HYMN *of repentance*

HOW LONG, O MY SOUL, WILL YOU LIVE IN CARELESSNESS ?
HOW LONG WILL YOU CONTINUE IN YOUR SLOTHFULNESS ?
WAKE UP, O WRETCHED ONE, FROM THE SLEEP OF LAZINESS ;
SIGH DEEPLY AND TREMBLE IN FEAR AT THE THOUGHT OF YOUR DEEDS.
WHAT ANSWER SHALL YOU GIVE FOR YOURSELF IN THAT HOUR WHEN THE JUST JUDGE GIVES SENTENCE ?

WITHOUT CHANGING YOUR WAYS, HOW WILL YOU BE DELIVERED FROM THE FIRE TO COME ?
CALL OUT TO THE JUDGE BEFORE THE END: //
O SAVIOUR : GRANT ME FORGIVENESS OF MY SINS FOR YOU ALONE ARE MERCIFUL.

VS: Wonderful is God in His saints: the God of Israel.

GOD HAS MADE YOU, O HOLY MARTYRS, INTO SPIRITUAL TORCHES.
YOU HAVE DISPERSED THE DARK MIST OF ERROR BY THE POWER OF FAITH.
YOU MADE THE LAMP OF YOUR SOUL BURN BRIGHTLY,
AND YOU ENTERED WITH GLORY INTO THE HEAVENLY BRIDAL CHAMBER IN THE BRIDEGROOM'S COMPANY.//
NOW, WE BESEECH YOU, INTERCEDE FOR THE SALVATION OF OUR SOULS.

Glory... Now and ever.......

Theotokos Hymn

WHEN THE ARCHANGEL UNDERSTOOD THE MYSTERIOUS COMMAND,
HE CAME TO THE HOUSE OF JOSEPH WITH HASTE AND PROCLAIMED TO THE UNWEDDED LADY:
THE ONE WHO BOWED THE HEAVENS BY HIS CONDESCENSION
IS CONTAINED WHOLLY AND WITHOUT CHANGE IN YOU.
AS I BEHOLD HIM IN YOUR WOMB, TAKING THE FORM OF A SERVANT, I AM FRIGHTENED, BUT CRY OUT://
REJOICE, O UNWEDDED BRIDE.

APOSTIKHA

Stikhs of repentance

WHEN I GRASP WITH MY MIND THE GREAT NUMBER OF TERRIBLE THINGS I HAVE DONE,
AND GO IN MY THOUGHTS TO THAT TERRIBLE RECKONING,
I TREMBLE WITH FEARFULNESS.
I FLEE FOR REFUGE TO YOU, O GOD AND LOVER OF MANKIND.
I HUMBLY PRAY : DO NOT TURN FROM ME, O SINLESS LORD,//
BUT GRANT MY LOWLY SOUL REPENTANCE BEFORE THE END AND SAVE ME.

GIVE ME TEARS, O GOD, AS YOU ONCE DID TO THE WOMAN WHO HAD SINNED,
AND THUS COUNT ME WORTHY TO DRENCH YOUR FEET–
THOSE FEET WHICH FREED ME FROM THE PATH OF ERROR.
AS FRAGRANT OINTMENT LET ME OFFER YOU A LIFE OF PURITY
ACQUIRED BY ME THROUGH REPENTANCE,
THAT I TOO MAY HEAR THAT VOICE FOR WHICH I PRAY, SAYING://
YOUR FAITH HAS SAVED YOU ; GO IN PEACE.

To the martyrs

WHAT SHALL WE CALL YOU, O SAINTS ?
CHERUBIM, FOR CHRIST RESTED IN YOU ?
OR SERAPHIM, SINCE YOU GLORIFY HIM CEASELESSLY ?
ANGELS, FOR YOU RENOUNCED THE FLESH ?
OR POWERS, SINCE YOU PERFORM MIRACLES ?
MANY ARE YOUR NAMES, AND GREAT ARE YOUR GIFTS.//
PRAY THAT OUR SOULS MAY BE SAVED.

Glory... Now and ever.......

Theotokos Hymn

O UNWEDDED MOTHER, FULL OF GRACE :
THE HEAVENLY BEINGS SING PRAISES TO YOU,
AND WE GLORIFY YOUR INEFFABLE CONCEIVING.//
O THEOTOKOS : INTERCEDE THAT OUR SOULS MAY BE SAVED.

MONDAY VESPERS:

LORD I CALL

Stikhs of repentance

I DO NOT HAVE COMPUNCTION, OR A FOUNTAIN OF TEARS,
OR THE GIFT OF SINCERE CONFESSION.
I DO NOT HAVE THE WEEPING THAT PURIFIES,
OR HUMILITY OF HEART.
I HAVE NOT EMULATED THE PUBLICAN, THE HARLOT, OR THE PRODIGAL SON.
HOW THEN SHALL I FIND REMISSION OF MY MANY SINS ?//
BUT BY THE JUDGEMENTS YOU HAVE ESTABLISHED, SAVE ME, O CHRIST.

I HAVE ESTRANGED MYSELF FROM EVERY DIVINE COMMANDMENT,
AND NEGLECTED COMPLETELY THE BETTER VIRTUES.
I HAVE SENSELESSLY SPENT MY WHOLE LIFE IN LAZINESS,
AND ALL MY DEEDS HAVE BEEN UNRIGHTEOUS AND EVIL.//
THEREFORE HAVE COMPASSION ON ME, AND SAVE ME, O MERCIFUL CHRIST.

O GOOD ONE: DO NOT REBUKE ME IN ANGER,
EVEN THOUGH I HAVE TORN MYSELF AWAY FROM YOU WITH MY IRRATIONAL MIND,
FOR I AM THE WORK OF YOUR HANDS.
YOU MADE ME IN YOUR LIKENESS//
IN THE DEPTH OF YOUR COMPASSION, O LOVER OF MANKIND.

Glory... Now and ever.......

Theotokos Hymn

WE PUT ALL OUR TRUST IN YOU, O THEOTOKOS.
PROTECT US BENEATH YOUR VEIL
AND KEEP US FROM ALL EVIL AFFLICTIONS.
SAVE US AND HAVE MERCY ON US,//
INTERCEDING FOR US BEFORE YOUR SON AND OUR GOD.

APOSTIKHA

Stikhs of repentance

THE ANGELS NEVER CEASE SINGING PRAISES TO YOU,
AND I FALL BEFORE YOU, O KING AND MASTER.
I CRY OUT LIKE THE PUBLICAN://
BE MERCIFUL TO ME, O GOD, AND SAVE ME.

SINCE YOU ARE IMMORTAL, O MY SOUL,
DO NOT BE OVERWHELMED BY THE WAVES OF LIFE.
COME TO YOUR SENSES AND CRY OUT TO THE BENEFACTOR://
BE MERCIFUL TO ME, O GOD, AND SAVE ME.

To the martyrs

ENTREAT OUR GOD, O MARTYRS OF THE LORD,
AND BESEECH GREAT BOUNTIES FOR OUR SOULS,//
AND PURIFICATION OF OUR MANY TRANSGRESSIONS.

Glory... Now and ever.......

Theotokos Hymn

REJOICE, O PRIDE OF THE UNIVERSE ;
REJOICE, O TEMPLE OF THE LORD.
REJOICE, OVER-SHADOWED MOUNTAIN,
REJOICE, REFUGE OF ALL MANKIND.
REJOICE, GOLDEN CANDLESTICK ;
REJOICE, PRECIOUS GLORY OF THE ORTHODOX.
REJOICE, O MARY, MOTHER OF CHRIST OUR GOD ;
REJOICE, O TABERNACLE AND PARADISE.
REJOICE, TABLE OF DIVINITY ;
REJOICE, GOLDEN VESSEL.//
REJOICE, FOR YOU ARE THE HOPE OF ALL.

MONDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

of repentance

O LORD : LOOK ON MY LOWLINESS WITH A COMPASSIONATE EYE,
FOR THERE IS NO SALVATION FOR ME IN MY DEEDS AND MY LIFE IS SOON SPENT.//
SO I CRY OUT : O LORD, LOOK ON MY LOWLINESS WITH A COMPASSIONATE EYE AND SAVE ME.

VS: O Lord : rebuke me not in Your anger.

BE FULL OF ANXIOUS FEAR, O MY SOUL,
AS THOUGH YOU STAND IN THE PRESENCE OF THE JUDGE ;
CALL TO MIND THAT DREADFUL DAY AND HOUR.
THE JUDGEMENT SHALL BE WITHOUT MERCY FOR THOSE WHO SHOWED NO MERCY.//
THEREFORE SPARE ME, O SAVIOUR, AS THE ONLY LOVER OF MANKIND.

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Theotokos Hymn

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DELIVER US FROM DANGER, //
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SESSIONAL HYMN

of repentance

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HOW LONG WILL YOU CONTINUE IN YOUR SLOTHFULNESS ?
WAKE UP, WRETCHED ONE, FROM THE SLEEP OF LAZINESS ;
SIGH DEEPLY AND TREMBLE IN FEAR AT THE THOUGHT OF YOUR DEEDS.
WHAT ANSWER SHALL YOU GIVE FOR YOURSELF IN THAT HOUR WHEN THE JUST JUDGE GIVES SENTENCE ?
WITHOUT CHANGING YOUR WAYS, HOW WILL YOU BE DELIVERED FROM THE FIRE TO COME ?
CALL OUT TO THE JUDGE BEFORE THE END: //

O SAVIOUR, GRANT ME FORGIVENESS OF MY SINS FOR YOU ALONE ARE MERCIFUL.

VS: Wonderful is God in His saints: the God of Israel.

GOD HAS MADE YOU, O HOLY MARTYRS, INTO SPIRITUAL TORCHES.
YOU HAVE DISPERSED THE DARK MIST OF ERROR BY THE POWER OF FAITH.
YOU MADE THE LAMP OF YOUR SOUL BURN BRIGHTLY,
AND YOU ENTERED WITH GLORY INTO THE HEAVENLY BRIDAL CHAMBER IN THE BRIDEGROOM'S COMPANY.//
NOW, WE BESEECH YOU, INTERCEDE FOR THE SALVATION OF OUR SOULS.

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HE CAME TO THE HOUSE OF JOSEPH WITH HASTE AND PROCLAIMED TO THE UNWEDDED LADY:
THE ONE WHO BOWED THE HEAVENS BY HIS CONDESCENSION
IS CONTAINED WHOLLY AND WITHOUT CHANGE IN YOU.
AS I BEHOLD HIM IN YOUR WOMB, TAKING THE FORM OF A SERVANT, I AM FRIGHTENED, BUT CRY OUT://
REJOICE, O UNWEDDED BRIDE.

APOSTIKHA

Stikhs of repentance

WHEN I GRASP WITH MY MIND THE GREAT NUMBER OF TERRIBLE THINGS I HAVE DONE,
AND GO IN MY THOUGHTS TO THAT TERRIBLE RECKONING,
I TREMBLE WITH FEARFULNESS.
I FLEE FOR REFUGE TO YOU, O GOD AND LOVER OF MANKIND.
I HUMBLY PRAY : DO NOT TURN FROM ME, O SINLESS LORD,//
BUT GRANT MY LOWLY SOUL REPENTANCE BEFORE THE END AND SAVE ME.

GIVE ME TEARS, O GOD, AS YOU ONCE DID TO THE WOMAN WHO HAD SINNED,
AND THUS COUNT ME WORTHY TO DRENCH YOUR FEET—
THOSE FEET WHICH FREED ME FROM THE PATH OF ERROR.
AS FRAGRANT OINTMENT LET ME OFFER YOU A LIFE OF PURITY
ACQUIRED BY ME THROUGH REPENTANCE
THAT I TOO MAY HEAR THAT VOICE FOR WHICH I PRAY, SAYING://
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To the martyrs

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PRAY THAT OUR SOULS MAY BE SAVED.

Glory... Now and ever.......

Theotokos Hymn

O UNWEDDED MOTHER, FULL OF GRACE :
THE HEAVENLY BEINGS SING PRAISES TO YOU,
AND WE GLORIFY YOUR INEFFABLE CONCEIVING.//
O THEOTOKOS : INTERCEDE THAT OUR SOULS MAY BE SAVED.

MONDAY VESPERS:

LORD I CALL

Stikhs of repentance

I DO NOT HAVE COMPUNCTION, OR A FOUNTAIN OF TEARS,
OR THE GIFT OF SINCERE CONFESSION.
I DO NOT HAVE THE WEEPING THAT PURIFIES,
OR HUMILITY OF HEART.
I HAVE NOT EMULATED THE PUBLICAN, THE HARLOT, OR THE PRODIGAL SON.
HOW, THEN, SHALL I FIND REMISSION OF MY MANY SINS ?//
BUT BY THE JUDGEMENTS YOU HAVE ESTABLISHED, SAVE ME, O CHRIST.

NEGLECTING COMPLETELY THE BETTER VIRTUES,
I HAVE ESTRANGED MYSELF FROM EVERY DIVINE COMMANDMENT.
I HAVE SENSELESSLY SPENT MY WHOLE LIFE IN LAZINESS,
AND ALL MY DEEDS HAVE BEEN UNRIGHTEOUS AND EVIL.//
THEREFORE HAVE COMPASSION ON ME, AND SAVE ME, O MERCIFUL CHRIST.

O GOOD ONE : DO NOT REBUKE ME IN ANGER,
EVEN THOUGH I HAVE TORN MYSELF AWAY FROM YOU WITH MY IRRATIONAL MIND,
FOR I AM THE WORK OF YOUR HANDS.
YOU MADE ME IN YOUR LIKENESS//
IN THE DEPTH OF YOUR COMPASSION, O LOVER OF MANKIND.

Glory... Now and ever.......

Theotokos Hymn

WE PUT ALL OUR TRUST IN YOU, O THEOTOKOS.
PROTECT US BENEATH YOUR VEIL,
AND KEEP US FROM ALL EVIL AFFLICTIONS.
SAVE US AND HAVE MERCY ON US,//
INTERCEDING FOR US BEFORE YOUR SON AND OUR GOD.

APOSTIKHA

Stikhs of repentance

THE ANGELS NEVER CEASE SINGING PRAISES TO YOU,
AND I FALL BEFORE YOU, KING AND MASTER.
I CRY OUT LIKE THE PUBLICAN://
BE MERCIFUL TO ME, O GOD, AND SAVE ME.

SINCE YOU ARE IMMORTAL, O MY SOUL,
DO NOT BE OVERWHELMED BY THE WAVES OF LIFE.
COME TO YOUR SENSES AND CRY OUT TO THE BENEFACTOR://
BE MERCIFUL TO ME, O GOD, AND SAVE ME.

To the martyrs

ENTREAT OUR GOD, O MARTYRS OF THE LORD,
AND BESEECH GREAT BOUNTIES FOR OUR SOULS,//
AND PURIFICATION OF OUR MANY TRANSGRESSIONS.

Glory... Now and ever.......

Theotokos Hymn

REJOICE, O PRIDE OF THE UNIVERSE ;
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REJOICE, O MARY, MOTHER OF CHRIST OUR GOD ;
REJOICE, TABERNACLE AND PARADISE.
REJOICE, TABLE OF DIVINITY ;
REJOICE, GOLDEN VESSEL.//
REJOICE, FOR YOU ARE THE HOPE OF ALL.

TUESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

of repentance

BEGGING TO RECEIVE FORGIVENESS,
I FALL DOWN BEFORE YOU LIKE THE HARLOT, O CHRIST MY GOD ;
IN PLACE OF OINTMENT I OFFER YOU THE TEARS FROM MY HEART.
HAVE MERCY ON ME, O SAVIOUR, AS YOU DID ON HER ;
GRANT ME THE REMISSION OF MY SINS.//
FOR LIKE HER, I CRY OUT TO YOU: DELIVER ME FROM THE FILTHINESS OF MY DEEDS.

VS: O Lord: rebuke me not in Your anger.

KEEP WATCH, O MY SOUL, AND BEAR IN MIND THAT FEARFUL DAY.
KINDLE YOUR LAMP AND MAKE IT BURN BRIGHT WITH THE OIL OF COMPASSION.
FOR YOU DO NOT KNOW WHEN YOU WILL HEAR THE CRY: BEHOLD THE BRIDEGROOM.
STAY AWAKE, THEN, O MY SOUL, AND DO NOT SLUMBER,
LEST YOU BE LEFT OUTSIDE, KNOCKING AT THE DOOR LIKE THE FIVE
VIRGINS. CONTINUE AWAKE AND GO OUT TO MEET CHRIST YOUR GOD,
WITH THE RICH OIL OF MERCY IN YOUR LAMP.//
MAY HE GRANT YOU THE DIVINE BRIDAL CHAMBER OF HIS GLORY.

Glory... Now and ever.......

Theotokos Hymn

O FAITHFUL: LET US IN HYMNS MAGNIFY THE THEOTOKOS —
THE UNSHAKEABLE FOUNDATION OF THE FAITH ;
THE PRECIOUS GIFT THAT IS GRANTED TO OUR SOULS.
REJOICE, FOR YOU HELD WITHIN YOUR WOMB THE ROCK OF LIFE.
REJOICE, HOPE OF ALL THE ENDS OF THE EARTH AND HELPER OF THE AFFLICTED.//
REJOICE, O UNWEDDED BRIDE.

After the final reading from the Psalter:

SESSIONAL HYMN

of repentance

HAVING SPENT YOUR LIFE IN LAZINESS,
AWAKE, O MY SOUL AND SEEK REPENTANCE.
WEEP BITTERLY FROM THE DEPTHS OF YOUR HEART WHILE YOU ARE HERE,
BEFORE YOU ARE THERE, LAMENTING USELESSLY.
TREMBLE AS YOU MEDITATE UPON THE SECOND COMING OF THE MASTER.
PASS JUDGEMENT ON YOURSELF BEFORE THE JUDGEMENT//
AND YOU SHALL ESCAPE HIS RIGHTEOUS PUNISHMENT.

VS: Wonderful is God in His saints: the God of Israel.

TODAY THE TABERNACLE SHINES WITH HEAVENLY LIGHT,
FOR WITHIN IT ALL THE HOSTS OF ANGELS CELEBRATE.
TOGETHER WITH THEM THE MARTYRS REJOICE
AT THE MEMORY OF THEIR VICTORIOUS SUFFERINGS.
AT THEIR PRAYERS, O CHRIST, //
SEND DOWN ON YOUR WORLD PEACE AND GREAT MERCY.

Glory... Now and ever.......

Theotokos Hymn

O LADY: I RIGHTLY OFFER YOU MY EVERLASTING THANKSGIVING FOR ALL YOUR GIFTS,
LIKE THE WIDOW WHO OFFERED HER TWO POOR MITES.
FOR YOU HAVE SHOWN YOURSELF TO BE MY PROTECTOR AND MY HELPER,
EVER LIFTING ME OUT OF TEMPTATIONS AND AFFLICTION.
THEREFORE, AS IF BREAKING THROUGH THE LIVING FIRE OF MY OPPRESSORS,
I CRY OUT TO YOU: O THEOTOKOS, BE MY HELP.
INTERCEDE WITH YOUR SON AND GOD
THAT HE MAY GRANT REMISSION OF MY SINS//
FOR THE HOPE OF YOUR SERVANT RESTS IN YOU.

APOSTIKHA

Stikhs of repentance

WHEN I GRASP WITH MY MIND THE GREAT NUMBER OF TERRIBLE THINGS I HAVE DONE,
AND GO IN MY THOUGHTS TO THAT TERRIBLE RECKONING,
I TREMBLE WITH FEARFULNESS.
I FLEE FOR REFUGE TO YOU, O GOD AND LOVER OF MANKIND.
I HUMBLY PRAY: DO NOT TURN FROM ME, O SINLESS LORD,//
BUT GRANT MY LOWLY SOUL REPENTANCE BEFORE THE END AND SAVE ME.
GIVE ME TEARS, O GOD, AS YOU ONCE DID TO THE WOMAN WHO HAD SINNED, AND THUS COUNT ME WORTHY TO DRENCH YOUR FEET —
THOSE FEET WHICH FREED ME FROM THE PATH OF ERROR.
AS FRAGRANT OINTMENT LET ME OFFER YOU A LIFE OF PURITY
ACQUIRED BY ME THROUGH REPENTANCE
THAT I TOO MAY HEAR THAT VOICE FOR WHICH I PRAY, SAYING://
YOUR FAITH HAS SAVED YOU ; GO IN PEACE.

To the martyrs

O SAINTS: YOU BOUND YOURSELVES TO NOBLE TASKS,
STEADFASTLY ENDURING THE TORTURES OF THE LAWLESS,
CONFESSING CHRIST BEFORE THE KINGS.
AFTER DEPARTING FROM LIFE, YOU STILL ACT IN THE WORLD,
HEALING THE SICK OF THEIR PASSIONS.//
O SAINTS: PRAY THAT OUR SOULS MAY BE SAVED.

Glory... Now and ever.......

Theotokos Hymn

O HOLY VIRGIN THEOTOKOS:
I RUN TO YOUR PROTECTION KNOWING I SHALL FIND SALVATION THERE,//
FOR YOU HAVE THE POWER TO HELP ME, O PURE ONE.

TUESDAY VESPERS:

LORD I CALL

Stikhs to the Cross

YOU WERE CRUCIFIED UPON THE CROSS, O CHRIST MOST GOOD.
YOUR HANDS AND FEET WERE NAILED ;
YOUR HOLY SIDE PIERCED WITH A LANCE,
AND POURS OUT ON ME DROPS OF DIVINE SALVATION,
BLOOD AND WATER TO CLEANSE MY SORES AND FILTH.//
GLORY TO YOUR GOODNESS, O ALL COMPASSIONATE LORD.

O MASTER : YOU BORE SUFFERING,
TO GRANT FREEDOM FROM PASSION TO THOSE WHO VENERATE YOUR PASSION.
AND YOU WILLINGLY ENDURED IN YOUR FORBEARANCE ,
GOING OF YOUR OWN WILL TO THE SLAUGHTER,
AND THE LANCE, THE NAILS, AND THE REED.
INTERCEDE THEN, O LORD,
THAT I ALSO ON ACCOUNT OF YOUR PASSION//
MAY OBTAIN FREEDOM FROM PASSION.

THE UNDEFILED MAIDEN, BEHOLDING HER SON
RAISED OF HIS OWN WILL UPON THE CROSS,
CRIED OUT, WEEPING AND PRICKED TO THE HEART:
WOE IS ME, MY WELL-BELOVED CHILD.
HOW HAS THE THANKLESS CONGREGATION OF JEWS REPAID YOU,
WISHING TO BEREAVE ME OF YOU,//
MY CHILD WHOM I SO GREATLY LOVE.

Glory... Now and ever.......

Theotokos Hymn

WHEN THE VIRGIN SAW HER SON BEING LED TO THE SLAUGHTER,
SHE FOLLOWED HIM TO THE CROSS AND CRIED OUT:
O MY SWEETEST CHILD, WHAT WILL HAPPEN TO YOU ?
YOU KNOW THAT WE LONG TO BE WITH YOU,//
FOR WE KNOW YOU TO BE OUR KING AND OUR GOD.

APOSTIKHA

Stikhs to the Cross

RAISED UPON THE CROSS, O CHRIST OUR GOD,
YOU HAVE SAVED MANKIND.//
WE GLORIFY YOUR SUFFERINGS.

CRUCIFIED UPON THE CROSS, O CHRIST OUR GOD,
YOU HAVE OPENED THE GATES OF PARADISE.//
WE GLORIFY YOUR DIVINITY.

To the martyrs

YOUR MARTYRS, O LORD,
FORGETTING THE THINGS OF THIS LIFE,
AND ENDURING TORTURES FOR THE SAKE OF THE LIFE TO COME,
WERE SHOWN TO BE ITS INHERITORS,
AND NOW THEY REJOICE WITH THE ANGELS.//
BY THEIR PRAYERS GRANT YOUR PEOPLE GREAT MERCY.

Glory... Now and ever.......

Theotokos Hymn

WHEN SHE BEHELD YOU NAILED UPON THE CROSS, O LONG SUFFERING LORD,
YOUR MOTHER MOURNED AND WEPT.
AMAZED AT YOUR SURPASSING GOODNESS,
AND THE COMPASSION YOU GAVE BEYOND HUMAN NATURE,//
SHE SANG THE PRAISES OF YOUR POWER.

WEDNESDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

of the Cross

WHEN THE THIEF BEHELD THE AUTHOR OF LIFE HANGING UPON THE CROSS,
HE CRIED OUT:
IF YOU WERE NOT THE INCARNATE GOD, CRUCIFIED HERE WITH US,
THEN THE SUN WOULD NOT HAVE HID ITS RAYS,
NEITHER WOULD THE EARTH HAVE SHAKEN WITH TREMBLING.
BUT AS YOU SUFFER FOR ALL MANKIND, REMEMBER ME, O LORD,//
WHEN YOU COME INTO YOUR KINGDOM.

VS: Extol the Lord our God ; worship at His footstool for He is holy.

IN THE MIDST OF TWO THIEVES, YOUR CROSS WAS REVEALED AS THE
BALANCE-BEAM OF RIGHTEOUSNESS ;
FOR WHILE THE ONE WAS LED DOWN TO HADES BY THE BURDEN OF HIS
BLASPHEMING,
THE OTHER WAS LIGHTENED OF HIS SINS UNTO THE KNOWLEDGE OF THINGS
DIVINE.//
O CHRIST OUR GOD: GLORY TO YOU.

Glory... Now and ever.......

Theotokos Hymn

WHEN SHE WHO BORE YOU BEHELD YOU,
THE LAMB AND SHEPHERD AND SAVIOUR OF THE WORLD, HANGING UPON
THE CROSS,
SHE CRIED OUT WEEPING:
THOUGH THE WORLD REJOICES IN ITS REDEMPTION,
MY BEING BURNS AS I BEHOLD YOUR CRUCIFIXION,//
WHICH YOU SUFFER FOR ALL MANKIND, O MY SON AND MY GOD.

After the final reading from the Psalter:

SESSIONAL HYMN

of the Cross

THE TREE OF EDEN ONCE CAUSED BITTERNESS,
BUT THE TREE OF THE CROSS MADE SWEETNESS OF LIFE TO BLOSSOM.

IN TASTING THE FIRST, ADAM FELL INTO CORRUPTION,
BUT AS WE EAT THE BODY OF CHRIST WE ARE GIVEN LIFE AND MYSTICALLY DEIFIED,
RECEIVING GOD'S ETERNAL KINGDOM.
THEREFORE WE CRY OUT IN FAITH://
GLORY TO YOUR SUFFERING, O LORD.

VS: Wonderful is God in His saints: the God of Israel.

YOU STEADFASTLY WALKED THE NARROW WAY OF SORROW, O HOLY MARTYRS,
ENDURING THE TROUBLED WATERS OF TEMPTATION.
NOW YOU HAVE RECEIVED A DWELLING PLACE WITH THE MINISTERING ANGELS,
FOR YOU PROVED YOURSELVES A ROCK OF PATIENT STRENGTH ;
A FIRM FOUNDATION OF THE FAITH.//
PRAY TO CHRIST OUR GOD FOR THE SALVATION OF OUR SOULS.

Glory... Now and ever.......

Theotokos Hymn

STANDING BY THE CROSS, THE THEOTOKOS, FILLED WITH COMPASSION,
POURED OUT HER TEARS AND CRIED ALOUD:
MY SON, YOUR PASSION IS BEYOND COMPREHENSION.
I CANNOT BEAR THIS WOUND IN MY HEART, NOR CAN I LOOK UPON YOU ON THE CROSS.
DO NOT REJECT YOUR HANDMAID: ARISE FROM THE DEAD
AND GLORIFY ME AS I CRY OUT TO YOU://
GLORY TO YOU, O GOD OF TENDERNESS.

APOSTIKHA

Of the Cross

THE STAFF OF MOSES PREFIGURED YOUR PRECIOUS CROSS,
FOR THROUGH YOUR CROSS, O OUR SAVIOUR,//
YOU SAVE YOUR PEOPLE AS FROM THE DEPTHS OF THE SEA, O LOVER OF MANKIND.

IN ANCIENT TIME, THE PARADISE IN EDEN
PUT FORTH THE TREE OF KNOWLEDGE IN THE MIDST OF THE GARDEN.
NOW YOUR CHURCH, O CHRIST, HAS PUT FORTH YOUR CROSS AS A FLOWER
MAKING LIFE SPRING UP FOR THE WORLD.
THE ONE TREE, BY ITS FOOD, KILLED ADAM WHEN HE TASTED OF IT ;
THE OTHER GAVE LIFE TO THE THIEF WHEN HE WAS SAVED THROUGH FAITH.
MAKE US SHARERS OF THE FORGIVENESS THAT HE GAINED, O CHRIST GOD,
WHO BY YOUR PASSION HAVE DESTROYED THE ENEMY'S FURY AGAINST US,//
AND COUNT US WORTHY OF YOUR HEAVENLY KINGDOM.

To the Martyrs

O INVINCIBLE MARTYRS OF CHRIST:
YOU DEFEATED DECEIT WITH THE POWER OF THE CROSS
AND RECEIVED THE GRACE OF ETERNAL LIFE.
THE THREATS OF YOUR TORTURERS, YOU DID NOT FEAR.
YOU WERE GLAD OF BEING WOUNDED BY THEM,
AND NOW THAT YOUR BLOOD IS THE HEALING OF OUR SOULS,//
PRAY THAT OUR SOULS MAY BE SAVED.

Glory... Now and ever.......

Theotokos Hymn

WHEN THE EWE LAMB WHO BORE YOU WITHOUT SEED, O LORD,
SAW YOU FASTENED TO THE TREE,
SHE REBUKED HER WEEPING EYES AND CRIED ALOUD WITH TEARS:
O MY SON, HOW DO YOU ENDURE THIS WICKED SLAUGHTER ?
HOW CAN YOU DIE AS MAN, O IMMORTAL ONE ?
GIVE ME A WORD, O SWEETEST LIGHT.
BEHOLD YOUR MOTHER LAMENTING YOU,//
AND GLORIFY HER BY YOUR RISING, O WORD.

WEDNESDAY VESPERS:

LORD I CALL

Stikhs to the apostles

YOU HAVE ENLIGHTENED THE APOSTLES, O LORD,
WITH THE BRIGHTNESS OF THE COMFORTER.
YOU SET THEM AS LAMPS RADIANT WITH THE LIGHT OF YOUR KNOWLEDGE,
SPIRITUALLY SHINING UPON THE WORLD, O MASTER.//
WE WORSHIP YOUR GREAT GOODNESS.

YOU PRESERVE YOUR FLOCK UNHARMED BY THE TEMPTATIONS OF THE ENEMY,
SURROUNDING IT WITH THE PRAYERS OF THE APOSTLES AS WITH A WALL.
O SAVIOUR: YOU HAVE PURCHASED IT WITH YOUR PRECIOUS BLOOD
SETTING IT FREE FROM BONDAGE TO THE STRANGER//
BECAUSE OF YOUR COMPASSION.

O BLESSED APOSTLES,
NEAR DEFENDERS OF THE TRINITY AND INTERCESSORS FOR OUR SOULS:
YOU APPEAR AS PRECIOUS STONES OF GLEAMING SPLENDOUR
SET IN THE DIADEM OF THE CHURCH OF CHRIST,//
BRIGHTLY ILLUMINING THE WORLD WITH THE LIGHT OF THE KNOWLEDGE OF GOD.

Glory... Now and ever.......

Theotokos Hymn

LOOK UPON YOUR SERVANTS, O BRIDE OF GOD.
BEHOLD US AS WE PRAY AND SING TO YOU.
OUR HYMNS ARE SONGS OF PRAISE TO YOU,//
FOR YOU ARE THE SALVATION OF THE HUMAN RACE.

APOSTIKHA

Stikhs to the apostles

THE APOSTLES LOVED YOU WITH SINCERITY ON EARTH.
THEY COUNTED ALL THINGS AS REFUSE THAT THEY MIGHT WIN YOU ALONE.
THEY SURRENDERED THEIR BODIES TO TORTURE FOR YOUR SAKE.//
NOW IN GLORY, THEY PRAY FOR OUR SOULS.

O LORD: YOU HAVE MAGNIFIED THE MEMORY OF THE APOSTLES ON EARTH,
AND NOW IN THEIR MEMORY WE ALL GLORIFY YOU,
SINCE FOR THEIR SAKE YOU GRANT US HEALING.//
BY THEIR PRAYERS GRANTING THE WORLD PEACE AND GREAT MERCY.

To the martyrs

FAME AND PRAISE BEFITS THE SAINTS,
FOR THEY BOWED THEIR NECKS BENEATH THE SWORD
FOR YOUR SAKE, WHO BOWED THE HEAVENS AND CAME DOWN.
THEY SHED THEIR BLOOD FOR YOU,
FOR YOU EMPTIED YOURSELF AND TOOK THE FORM OF A SERVANT.
BY EMULATING YOUR POVERTY THEY TOO HUMBLED THEMSELVES EVEN UNTO DEATH.
BY THEIR PRAYERS HAVE MERCY ON US, O GOD,//
ACCORDING TO THE ABUNDANCE OF YOUR GREAT MERCIES.

Glory... Now and ever.......

Theotokos Hymn

THOSE WHO WERE WORTHY TO BEHOLD GOD IN THE FLESH
PROCLAIMED YOU TO BE A BRIDE AND A VIRGIN, O MAIDEN,
WORTHY OF THE FATHER AND HIS DIVINITY.
THEY PROCLAIMED YOU TO BE THE MOTHER OF GOD THE WORD,
AND THE DWELLING OF THE HOLY SPIRIT,
FOR THE WHOLE OF DIVINITY,
THE FULL AND PERFECT ESSENCE OF GRACE,//
BODILY DWELT IN YOU.

THURSDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

of the Apostles

BLESSED ARE YOU, CHRIST OUR GOD,
WHO REVEALED THE FISHERMEN AS MOST WISE
BY SENDING DOWN UPON THEM THE HOLY SPIRIT ;
THROUGH THEM YOU DREW THE WORLD INTO YOUR NET.//
LOVER OF MANKIND: GLORY TO YOU.

VS: Their voice has gone out into all the earth and their words to the ends of the universe.

LET US SING THE PRAISES OF THE HOLY DISCIPLES OF OUR GOD.
THEY ARE BURNING TORCHES, GUIDES TO ALL THE WORLD,
THE FIRST-FRUITS OF OUR SALVATION.
THEY HAVE CAUSED THE LIGHT TO SHINE ON US IN DARKNESS
AND HAVE MADE KNOWN TO ALL THE SUN OF GLORY.
THEY HAVE DESTROYED THE ERROR OF IDOLATRY,
PREACHING THE TRINITY IN ONE GODHEAD.
THEREFORE WE ENTREAT THEM: O APOSTLES OF CHRIST OUR GOD,
INTERCEDE FOR THE FORGIVENESS OF OUR SINS,//
AS WE CELEBRATE YOUR HOLY MEMORY WITH LOVE.

Glory... Now and ever.......

Theotokos Hymn

REJOICE, FOR YOU ACCEPTED FROM THE ANGEL THE JOY OF THE WORLD.
REJOICE, FOR YOU HAVE BORNE THE CREATOR AND LORD.//
REJOICE, FOR YOU WERE DEEMED WORTHY TO BE THE MOTHER OF GOD.

After the final reading from the Psalter:

SESSIONAL HYMN

To the apostles

YOU CAUGHT MEN, LIKE FISH, IN THE NET OF YOUR DIVINE TEACHINGS,
AND YOU OFFERED THEM AS FIRST-FRUITS TO OUR GOD.
WISHING TO BEAR THE WOUNDS OF CHRIST, YOU BECAME IMITATORS OF HIS PASSION.

AS WE GATHER TODAY TO FITTINGLY CELEBRATE YOUR SOLEMN MEMORY, O GLORIOUS APOSTLES,
WE CRY OUT WITH ONE VOICE: INTERCEDE BEFORE CHRIST OUR GOD//
THAT HE MAY GRANT FORGIVENESS OF SINS TO US WHO CELEBRATE YOUR HOLY MEMORY WITH LOVE.

VS: Wonderful is God in His saints: the God of Israel.

YOU CONTENDED BRAVELY TO THE END, HOLY MARTYRS ;
YOU WITHSTOOD THE TYRANTS ;
YOU PUT YOUR BODIES TO DEATH ON THIS EARTH,//
AND SO WERE REWARDED WITH THE LIFE OF HEAVEN.

Glory... Now and ever.......

Theotokos Hymn

O ALL PURE VIRGIN: BEHOLD MY WRETCHED AND SHIPWRECKED SOUL,
WITHOUT A RUDDER IN THE STORM OF LIFE AND WAVES OF TEMPTATION.
I AM VISIBLY SWAMPED BY THE BURDEN OF MY SINS AND IN DANGER OF SINKING INTO THE DEPTHS OF HADES.
O MOTHER OF GOD: AS THE GUIDE TO THE HARBOR OF PEACE,
HASTEN TO SAVE ME BY YOUR FERVENT INTERCESSION,
THAT I MAY CRY OUT TO YOU: INTERCEDE BEFORE CHRIST OUR GOD,
THAT HE MAY GRANT FORGIVENESS OF MY SINS, //
FOR YOU ARE MY HOPE AND I AM YOUR SERVANT.

APOSTIKHA

Stikhs to the apostles

THE APOSTLES LOVED YOU WITH SINCERITY ON EARTH.
THEY COUNTED ALL THINGS AS REFUSE THAT THEY MIGHT WIN YOU ALONE.
THEY SURRENDERED THEIR BODIES TO TORTURE FOR YOUR SAKE.//
NOW IN GLORY, THEY PRAY FOR OUR SOULS.

O LORD: YOU HAVE MAGNIFIED THE MEMORY OF THE APOSTLES ON EARTH,
AND NOW IN THEIR MEMORY WE ALL GLORIFY YOU,
SINCE FOR THEIR SAKE YOU GRANT US HEALING,//
BY THEIR PRAYERS GRANTING THE WORLD PEACE AND GREAT MERCY.

to the martyrs

CLOTHED IN THE ARMOUR OF FAITH,
ARMED WITH THE SIGN OF THE CROSS,
YOU WERE SOLDIERS WHO WERE WORTHY OF GOD.
MANFULLY YOU OPPOSED THE TORTURERS,
CRUSHING THE DEVIL'S DECEITS.
YOU WERE VICTORS, MADE WORTHY OF CROWNS.//
PRAY TO CHRIST FOR US THAT OUR SOULS MAY BE SAVED.

Glory... Now and ever.......

Theotokos Hymn

ACCEPT THE PRAYERS OF YOUR SERVANTS, O LADY ;//
DELIVER US FROM ALL DANGER AND NECESSITY.

THURSDAY VESPERS:

LORD I CALL

Stikhs to the Cross — To the special melody: *O Most Strange Wonder*

O MOST STRANGE WONDER.
THE MOST HOLY CROSS, THE LIFE-GIVING TREE
IS LIFTED UP ON HIGH TODAY AND SHOWN TO THE WORLD.
ALL THE ENDS OF THE EARTH GIVE GLORY ;
ALL THE DEVILS ARE FRIGHTENED.
HOW GREAT A GIFT IS HERE BESTOWED ON MORTALS.
THROUGH YOUR CROSS, SAVE OUR SOULS, O CHRIST,//
O ONLY COMPASSIONATE ONE.

O MOST STRANGE WONDER.
THE CROSS WHICH CARRIED THE MOST HIGH AS A CLUSTER OF GRAPES FULL OF LIFE
IS SEEN TODAY EXALTED HIGH ABOVE THE EARTH.
THROUGH THE CROSS WE ARE ALL DRAWN TO GOD
AND DEATH HAS BEEN FOREVER SWALLOWED UP.
O UNDEFILED WOOD: THROUGH YOU WE ENJOY THE IMMORTAL FRUIT OF EDEN,//
AS WE GLORIFY CHRIST.

HOW GREAT, O CHRIST GOD, IS YOUR GOODNESS TOWARDS US.
HOW HAVE YOU HUMBLED YOURSELF BECOMING A MAN ?
HOW HAVE YOU DEIGNED TO SUFFER,
ENDURING THE CROSS AND A SHAMEFUL DEATH
FOR THE SAKE OF US WORTHLESS SERVANTS ?
WHAT GIFT WORTHY AND FIT FOR GOD CAN WE OFFER YOU ?//
WE FAITHFUL IN THANKSGIVING CAN ONLY GIVE YOU GLORY.

Glory... Now and ever.......

Theotokos Hymn

O MASTER: WHEN YOUR MOTHER BEHELD YOU BEING NAILED TO THE CROSS,
SHE WEPT AND CRIED OUT, SAYING:
O MY SWEETEST CHILD, HOW UNJUSTLY YOU SUFFER.
YOU ARE WOUNDED BY LAWLESS MEN//
WHOM YOU CAME TO SAVE IN YOUR MERCY.

APOSTIKHA

Stikhs to the Cross

RAISED UPON THE CROSS, O CHRIST OUR GOD,
YOU HAVE SAVED MANKIND.//
WE GLORIFY YOUR SUFFERINGS.

CRUCIFIED UPON THE CROSS, O CHRIST OUR GOD,
YOU HAVE OPENED THE GATES OF PARADISE.//
WE GLORIFY YOUR DIVINITY.

To the martyrs

O MARTYRS OF THE LORD:
YOU SANCTIFY EVERY PLACE AND HEAL EVERY ILL.
NOW THEREFORE, INTERCEDE WITH HIM,
THAT HE MAY DELIVER OUR SOULS //
FROM EVERY WILE AND SNARE OF THE ENEMY.

Glory... Now and ever.......

Theotokos Hymn

AS SHE BEHELD YOU CRUCIFIED AND DYING,
THE THEOTOKOS CRIED OUT: WOE IS ME.
HOW DO YOU ENDURE PAIN, MY SWEETEST SON ?
YOUR SIDE PIERCES MY HEART,
AND YOUR SUFFERING SETS MY BEING ON FIRE.
THEREFORE I SING YOUR PRAISES,//
FOR YOU SUFFER WILLINGLY TO SAVE MANKIND.

FRIDAY MATINS:

After the 1st reading of the Psalter :

SESSIONAL HYMN

Of the Cross

IN THE MIDST OF EDEN, A TREE PUT FORTH THE FLOWER OF DEATH ;
IN THE MIDST OF THE UNIVERSE, A TREE HAS FLOWERED WITH LIFE.
EATING FROM THE FIRST TREE, WE WHO WERE IMMORTAL FELL INTO CORRUPTION ;
THROUGH THE SECOND TREE, INCORRUPTION IS BESTOWED ON US AGAIN,//
FOR BY THE CROSS, O GOD, YOU SAVE MANKIND.

VS: Extol the Lord our God ; worship at His footstool for He is holy.

OF OLD, IN PARADISE, A TREE STRIPPED ME BARE ;
BY GIVING ME ITS FRUIT TO EAT, THE ENEMY BROUGHT IN DEATH.
BUT NOW, THE TREE OF THE CROSS HAS BEEN SET UP ON THE EARTH:
IT CLOTHES MANKIND WITH THE GARMENT OF LIFE,
AND THE WHOLE WORLD IS FILLED WITH BOUNDLESS JOY.
O PEOPLE: BEHOLDING IT EXALTED, LET US CRY OUT TOGETHER IN FAITH TO GOD://
HIS HOUSE IS FILLED WITH GLORY.

Glory... Now and ever.......

Theotokos Hymn

CHRIST TOOK FLESH FROM YOUR PURE WOMB, O HOLY VIRGIN.
HE WAS BORN OF YOU IN WAYS BEYOND OUR UNDERSTANDING.
AS YOU SAW HIM HANG ON THE CROSS BETWEEN TWO EVILDOERS,
YOUR HEART WAS FILLED WITH ANGUISH AND YOU CRIED OUT WITH A MOTHER'S GRIEF:
WOE IS ME, MY CHILD.
WHAT IS THIS DIVINE AND INEFFABLE ACT OF YOUR LOVING PROVIDENCE,
BY WHICH YOU HAVE RESTORED YOUR CREATURE TO LIFE ?//
I SING THE PRAISES OF YOUR DEEP COMPASSION.

After the final reading from the Psalter:

SESSIONAL HYMN

Of the Cross

SEDUCED BY THE HOPE OF BECOMING LIKE GOD,

OUR FIRST FATHER BECAME THE CAUSE OF UNIVERSAL CORRUPTION FOR HIS DESCENDANTS.
BUT IN YOUR SUPREME GOODNESS, YOU WILLED, THROUGH YOUR CROSS, TO POUR OUT STREAMS OF LIFE.
YOU ALLOWED YOURSELF TO BE NAILED TO SAVE US FROM THE FIRST CONDEMNATION.//
THEREFORE, O CHRIST, WE SING OF YOUR VOLUNTARY PASSION.

VS: Wonderful is God in His saints: the God of Israel.

THE MARTYRS OF CHRIST PUT TO DEATH THE FIERY IMPULSES OF PASSION THROUGH THEIR SELF-DENIAL.
THEY RECEIVED THE GRACE TO DRIVE OUT DISEASES FROM THE SICK
AND TO WORK MIRACLES, BOTH WHEN ALIVE, AND AFTER DEATH.
O MARVELLOUS WONDER.
THEIR RELICS ARE A SOURCE OF HEALING.//
GLORY TO THE ONLY WISE CREATOR AND GOD.

Glory... Now and ever.......

Theotokos Hymn

YOU BECAME MAN BY THE BLOOD OF MY WOMB,
AND BY POURING OUT YOUR BLOOD, YOU DEIFY MANKIND.
IN YOUR GREAT GOODNESS, YOU HAVE COME DOWN,
TO SEARCH FOR THOSE WHO HAD TASTED DEATH BENEATH THE FORBIDDEN TREE.
SO CRIED THE PURE VIRGIN IN TEARS, SEEING CHRIST HUNG UPON THE CROSS.
BEFORE HIS DEATH, SHE POURED FORTH STREAMS OF TEARS.//
HER HEART WAS TORN, AS SHE MAGNIFIED HER SON AS GOD.

APOSTIKHA

Of the Cross

THE STAFF OF MOSES PREFIGURED YOUR PRECIOUS CROSS,
FOR THROUGH YOUR CROSS, OUR SAVIOUR,//
YOU SAVE YOUR PEOPLE AS FROM THE DEPTHS OF THE SEA, O LOVER OF MANKIND.

IN ANCIENT TIME, THE PARADISE IN EDEN
PUT FORTH THE TREE OF KNOWLEDGE IN THE MIDST OF THE GARDEN.
NOW YOUR CHURCH, O CHRIST, HAS PUT FORTH YOUR CROSS AS A FLOWER,
MAKING LIFE SPRING UP FOR THE WORLD.
THE ONE TREE, BY ITS FOOD, KILLED ADAM WHEN HE TASTED OF IT ;
THE OTHER GAVE LIFE TO THE THIEF WHEN HE WAS SAVED THROUGH FAITH.
MAKE US SHARERS OF THE FORGIVENESS THAT HE GAINED, O CHRIST GOD,
WHO BY YOUR PASSION HAVE DESTROYED THE ENEMY'S FURY AGAINST US,//
AND COUNT US WORTHY OF YOUR HEAVENLY KINGDOM.

To the martyrs

WHAT SHALL WE CALL YOU, SAINTS —
CHERUBIM, FOR CHRIST RESTED IN YOU ?
OR SERAPHIM, SINCE YOU GLORIFY HIM CEASELESSLY ?
ANGELS, FOR YOU RENOUNCED THE FLESH ?
OR POWERS, SINCE YOU PERFORM MIRACLES ?
MANY ARE YOUR NAMES, AND GREAT ARE YOUR GIFTS.//
PRAY THAT OUR SOULS MAY BE SAVED.

Glory... Now and ever.......

Theotokos Hymn

O, MARVELLOUS WONDER.
O, FEARFUL MYSTERY.
HOW CAN HE WHO IS IMMORTAL BY NATURE
BE HUNG UPON THE TREE ?
HOW CAN HE NOW TASTE OF DEATH ?
HOW IS THE GUILTLESS ONE CONDEMNED ?
O SUN, HIDE YOUR LIGHT, AND TREMBLE, BEHOLDING THIS RECKLESSNESS,
CRIED THE VIRGIN WITH SIGHS AND GROANS,//
AS SHE SAW CHRIST, HER OWN SON, BEING CRUCIFIED.

FRIDAY VESPERS:

LORD I CALL

Stikhs to the martyrs

O LORD: YOUR MARTYRS, FORGETTING THE THINGS OF THIS LIFE,
AND ENDURING TORTURES FOR THE SAKE OF THE LIFE TO COME,
WERE SHOWN TO BE ITS INHERITORS,
AND NOW THEY REJOICE WITH THE ANGELS.//
BY THEIR PRAYERS, GRANT YOUR PEOPLE GREAT MERCY.

FAME AND PRAISE BEFITS THE SAINTS.
FOR THEY BOWED THEIR NECKS BENEATH THE SWORD
FOR YOUR SAKE, WHO BOWED THE HEAVENS AND CAME DOWN.
THEY SHED BLOOD FOR YOU, WHO EMPTIED YOURSELF,
AND TOOK THE FORM OF A SERVANT.
BY EMULATING YOUR POVERTY, THEY TOO HUMBLED THEMSELVES EVEN TO DEATH.
BY THEIR PRAYERS, HAVE MERCY ON US, O GOD,//
ACCORDING TO THE ABUNDANCE OF YOUR GREAT MERCIES.

For the departed

WHEN YOU SIT IN YOUR GLORY AS KING OF ALL,
UPON THE THRONE OF JUDGEMENT,
WITH YOUR HOLY ANGELS STANDING IN FEAR BESIDE YOU, O CHRIST,
AND ALL MANKIND COMES TO APPEAR BEFORE YOU TO BE JUDGED:
THEN, AT THE PRAYERS OF YOUR MOTHER, O LORD,//
DELIVER FROM ALL TORMENT THOSE WHO HAVE FALLEN ASLEEP IN THE FAITH.

Glory... Now and ever.......

Theotokos Hymn

THE KING OF HEAVEN, BECAUSE OF HIS LOVE FOR MANKIND,
APPEARED ON EARTH AND DWELT WITH MEN.
HE TOOK FLESH FROM THE PURE VIRGIN
AND AFTER ASSUMING IT, HE CAME FORTH FROM HER.
THE SON IS ONE: TWO NATURES, YET ONE PERSON.
PROCLAIMING HIM AS PERFECT GOD AND PERFECT MAN,
WE CONFESS CHRIST OUR GOD.//
ENTREAT HIM, o UNWEDDED MOTHER, TO HAVE MERCY ON OUR SOULS.

APOSTIKHA

To the martyrs

ENTREAT OUR GOD, YOU MARTYRS OF THE LORD,
AND BESEECH GREAT BOUNTIES FOR OUR SOULS,//
AND PURIFICATION OF OUR MANY TRANSGRESSIONS.

To the departed

IN TEARS AND SORROW, I CONTEMPLATE DEATH ;
I SEE OUR BEAUTY, CREATED IN GOD'S IMAGE,
LAID IN THE GRAVE WITHOUT FORM, OR HONOUR, OR COMELINESS.
O, GREAT MYSTERY, AND FEARFUL END AWAITING US.
HOW HAVE WE BEEN HANDED OVER TO CORRUPTION ?
HOW HAS DEATH BEEN WEDDED TO US ?
TRULY, AS IT IS WRITTEN, IT IS BY THE COMMANDMENT OF GOD,//
WHO GRANTS REST TO THE DEPARTED.

YOUR DEATH, O LORD, HAS BEEN THE MEANS OF IMMORTALITY,
FOR, IF YOU HAD NOT BEEN PLACED IN THE GRAVE,
PARADISE WOULD NOT HAVE BEEN OPENED.//
THEREFORE, GIVE REST TO THE DEPARTED AS THE LOVER OF MANKIND.

Glory... Now and ever.......

Theotokos Hymn

O PURE VIRGIN, THE GATE OF THE WORD,
AND MOTHER OF OUR GOD://
PRAY THAT WE MAY BE SAVED.

SATURDAY MATINS:

After the 1st reading of the Psalter:

SESSIONAL HYMN

To the martyrs

GOD MADE YOU INTO SPIRITUAL TORCHES, YOU HOLY MARTYRS.
BY THE POWER OF FAITH, YOU DISPERSE THE DARK MIST OF ERROR ;
YOU MADE THE LAMP OF YOUR SOUL BURN BRIGHTLY,
AND, IN THE COMPANY OF THE BRIDEGROOM,
YOU HAVE ENTERED WITH GLORY INTO THE HEAVENLY BRIDAL CHAMBER.//
NOW, WE ENTREAT YOU, INTERCEDE FOR THE SALVATION OF OUR SOULS.

VS: God is wonderful in His saints ; the God of Israel.

SUFFERING A MARTYR'S DEATH IN FAITH, O SAINTS,
YOU BECAME EVER-BURNING STARS THAT SHINE ON ALL THE EARTH.
HAVING PLACED YOUR WHOLE TRUST IN THE LORD,
YOU MADE THE LAMPS OF YOUR SOULS BURN BRIGHTLY WITH THE INVISIBLE OIL OF THE SPIRIT.
POURING OUT YOUR BLOOD, YOU BECAME A CHALICE THAT BRINGS REFRESHMENT TO THE CHURCH.
O ALL-PRAISED, VICTORIOUS MARTYRS: OFFER INTERCESSION TO CHRIST OUR GOD,
THAT WE, WHO CELEBRATE YOUR HOLY MEMORY WITH LOVE, //
MAY RECEIVE FORGIVENESS OF OUR SINS.

Glory... Now and ever.......

Theotokos Hymn

WE HAVE YOU AS A WALL AND A HAVEN,
AND AN INTERCESSOR BEFORE GOD, WHOM YOU HAVE BORNE,//
O VIRGIN THEOTOKOS, THE SALVATION OF THE FAITHFUL.

After the final reading from the Psalter:

SESSIONAL HYMN

To all the saints

O PROPHETS, MARTYRS OF CHRIST AND HOLY HIERARCHS,
WHO HAVE FOUGHT THE GOOD FIGHT ACCORDING TO THE RULES OF THE

FAITH,
AND HAVE RECEIVED FROM GOD ETERNALLY UNFADING CROWNS:
EVER INTERCEDE FOR US, THAT IN HIS GOODNESS,//
HE MAY GRANT US THE FORGIVENESS OF OUR SINS THROUGH HIS DIVINE FAVOUR.

VS: Blessed are those whom You have chosen and taken, O Lord.

O ONLY CREATOR, WITH WISDOM PROFOUND, YOU MERCIFULLY ORDER ALL THINGS,
AND GIVE THAT WHICH IS NEEDED TO ALL MEN:
GIVE REST, O LORD, TO THE SOULS OF YOUR SERVANTS WHO HAVE FALLEN ASLEEP, //
FOR THEY HAVE PLACED THEIR TRUST IN YOU, OUR MAKER AND FASHIONER, AND OUR GOD.

Glory... Now and ever.......

Theotokos Hymn

O GOOD ONE: FOR OUR SAKE, YOU WERE BORN OF A VIRGIN.
YOU SUFFERED CRUCIFIXION, AND DESPOILED DEATH THROUGH DEATH,
AND, AS GOD, YOU REVEALED THE RESURRECTION.
DO NOT DESPISE THOSE WHOM YOU HAVE CREATED WITH YOUR OWN HAND.
SHOW FORTH YOUR LOVE FOR MANKIND, O MERCIFUL ONE.//
ACCEPT THE PRAYERS OF THE THEOTOKOS, AND SAVE YOUR DESPAIRING PEOPLE.

APOSTIKHA

To the martyrs

WHAT SHALL WE CALL YOU, O SAINTS —
CHERUBIM, FOR CHRIST RESTED IN YOU ?
OR SERAPHIM, SINCE YOU GLORIFY HIM CEASELESSLY ?
ANGELS, FOR YOU RENOUNCED THE FLESH ?
OR POWERS, SINCE YOU PERFORM MIRACLES ?
MANY ARE YOUR NAMES, AND GREAT ARE YOUR GIFTS.//
PRAY THAT OUR SOULS MAY BE SAVED.

For the departed

VS: Blessed are those whom You have chosen and taken, O Lord.

WITH ROYAL AUTHORITY, O MASTER,
YOU SIGNED THE CHARTER OF MY FREEDOM IN THE PURPLE OF YOUR BLOOD.
AND NOW, I PRAY TO YOU WITH FAITH:
IN YOUR COMPASSION, GIVE REST TO THOSE WHO HAVE GONE TO DWELL WITH YOU ;
NUMBER THEM WITH YOUR FIRST-BORN,//
COUNTING THEM WORTHY TO SHARE IN THE JOY OF THE RIGHTEOUS.

VS: Their memorial is from generation to generation.

FULFILLING PRIESTLY MEDIATION, AS MAN,
SACRIFICED AS A LAMB,
YOU REDEEMED MANKIND FROM CORRUPTION,
OFFERING IT AS AN OBLATION TO THE FATHER.
NOW, IN YOUR LOVE, MAKE THE DEPARTED DWELL IN THE LAND OF THE LIVING,//
WHERE STREAMS OF JOY FLOW WITH THE FOUNTAINS OF ETERNAL LIFE.

Glory... Now and ever.......

Theotokos Hymn

O MOTHER OF GOD: SINCE YOU CONCEIVED THE ETERNAL WORD OF GOD THE FATHER,
PRAY FERVENTLY, WITH A MOTHER'S BOLDNESS,
THAT HE MAY ESTABLISH YOUR SERVANTS IN THE ETERNAL CHOIR OF ALL WHO EXULT AND PRAISE YOU,
IN A PLACE OF EVERLASTING LIGHT,//

IN THE MIDST OF THE JOYFUL SOUND OF THOSE WHO FEAST.

SUNDAY HYMNS FROM THE OCTOECHOS

FIRST TONE

TROPAR

When the stone had been sealed by the Jews,
While the soldiers were guarding Your most pure Body^;
You arose on the third day, O Saviour, granting life to the world.
The powers of heaven therefore cried to You, O Giver of life:
Glory to Your resurrection, O Christ.
Glory to Your kingdom.
Glory to Your dispensation, O Lover of Mankind.

KONTAK

As God, You arose from the tomb in glory,
Raising the world with Yourself.
Human nature praises You as God, for death has vanished.
Adam exults, O Master.
Eve rejoices, for she is freed from bondage,
And cries to You: You are the giver of resurrection to all, O Christ.

PROKEIMENON Psalm 32

Let Your mercy, O Lord, come upon us + as we have set our hope on You.
V: Exult in the Lord, O You righteous. Praise befits the upright.

ALLELUIA Psalm 17

V: God will give me vengeance, who has subjected peoples under me.
V: He magnifies the salvation of His king, and shows mercy to His christ, to David, and to his seed, forever.

SECOND TONE

TROPAR

When You descended to death, O Life immortal,
You slew Hades with the splendour of Your Godhead.
And when from the depths You raised the dead,
All the powers of heaven cried out:
O Giver of Life, Christ our God, glory to You.

KONTAK

Hades became afraid, O almighty Saviour,

Seeing the miracle of Your resurrection from the tomb.
The dead arose.
Creation, with Adam, beheld this, and rejoiced with You.
And the world, O my Saviour, praises You forever.

PROKEIMENON Psalm 117

The Lord is my strength and my hymn; + and He has become salvation for me.

V: Instructing, the Lord has instructed me, yet he has not given me over to death.

ALLELUIA Psalm 19

V: May the Lord listen to you on the day of affliction ; may the Name of the God of Jacob protect you.

V: O Lord: save the king, and listen to us on the day we call upon You.

THIRD TONE

TROPAR

Let the heavens rejoice.
Let the earth be glad.
For the Lord has shown strength with His arm.
He has trampled down death by death.
He has become the first-born of the dead.
He has delivered us from the depths of Hades,
And has granted the world great mercy.

KONTAK

On this day You rose from the tomb, O Merciful One,
Leading us from the gates of death.
On this day Adam exults as Eve rejoices;
With the prophets and patriarchs,
They unceasingly praise the divine majesty of Your power.

PROKEIMENON Psalm 46

Chant to our God, chant. + Chant to our King, chant.

V: Clap your hands, all nation. With a voice of exultation, shout to the Lord.

ALLELUIA Psalm 30

V: On You, O Lord, have I hope, that I may not be put to shame forever.

V: Be to me a protecting God, and a house of refuge to save me.

FOURTH TONE

TROPAR

When the women disciples of the Lord
Learned from the angel the joyous message of Your resurrection,
They cast away the ancestral curse
And elatedly told the Apostles:
Death is overthrown.
Christ our God is risen,
Granting the world great mercy.

KONTAK

As God, my Saviour and Redeemer,
Rose from the tomb, and delivered the earth-born from their chains.
He has shattered the gates of Hades,
And as Master,
He has risen on the third day.

PROKEIMENON Psalm 103

How magnified have been your works, O Lord; + in wisdom have You made them all.

V: Bless the Lord, O my soul. O Lord my God, You have been greatly magnified.

ALLELUIA Psalm 44

V: Spread out, prosper, and reign, because of truth, meekness, and righteousness.

V: You have loved righteousness, and hated iniquity.

FIFTH TONE

TROPAR

Let us, the faithful, praise and worship the Word,
Coeternal with the Father and the Spirit,
Born from the Virgin for our salvation;
For He willed to be lifted up on the Cross in the flesh,
To endure death,
And to raise the dead,
By His glorious resurrection.

KONTAK

You descended into Hades, O my Saviour,
Shattering its gates, as Almighty,
Resurrecting the dead, as Creator,
And destroying the sting of death.
You have delivered Adam from the curse, O Lover of Mankind,
And we all cry out to You:
O Lord, save us.

PROKEIMENON Psalm 11

You, O Lord, shall guard us, and preserve us, + from this generation, and unto the age to come.

V: Save me, O Lord, for the holy one has been lacking.

ALLELUIA Psalm 88

V: Of Your mercies, O Lord, shall I sing forever ; from generation to generation I shall make known Your truth in my mouth.

V: You have said: “Mercy shall be built up forever,.” In the heavens, shall Your truth be prepared.

SIXTH TONE

TROPAR

The angelic powers were at Your tomb;
The guards became as dead men.
Mary stood by Your grave,
Seeking Your most pure Body.
You captured Hades,
Not being tempted by it.
You came to the Virgin, granting life.
O Lord, Who rose from the dead: glory to You.

KONTAK

When Christ God, the Giver of Life,
Raised all of the dead from the valleys of misery with His mighty Hand,
He bestowed resurrection on the human race.
He is the Saviour of all, the Resurrection, the Life, and the God of all.

PROKEIMENON Psalm 27

O Lord : save Your people, + and bless Your inheritance.

V: To You, O Lord, have I cried out ; O my God, be not silent to me.

ALLELUIA Psalm 90

V: The one who dwells in the help of the Most High shall abide in the shelter of the God of heaven.

V: He shall say to the LORD : "You are my support and my refuge, O my God." I shall put my hope in Him.

SEVENTH TONE

TROPAR

By Your Cross, You destroyed death.
To the thief, You opened paradise.
For the Myrrhbearers, You changed weeping into joy.
And You commanded Your Disciples, O Christ God,
To proclaim that You are risen,
Granting the world great mercy.

KONTAK

The dominion of death can no longer hold men captive,
For Christ descended, shattering, and destroying its powers.
Hades is bound, while the prophets rejoice, and cry out:
The Saviour has come to those in faith.
Enter, you faithful, into the resurrection.

PROKEIMENON Psalm 28

The Lord shall give strength to his people. + The Lord shall bless His people in peace.

V: Bring to the Lord, you sons of God, bring to the Lord the offspring of rams.

ALLELUIA Psalm 91

V: It is good to confess the Lord, and chant to Your name, O Most High.

V: To announce Your mercy in the morning, and Your truth in the night.

EIGHTH TONE

TROPAR

You descended from on high, O merciful One.
You accepted the three-day burial, to free us from our sufferings.
O Lord, our Life and Resurrection: glory to You.

KONTAK

By rising from the tomb, You raise the dead, and resurrected Adam.
Eve exults in Your resurrection,
And the world celebrates Your rising from the dead, O greatly merciful One.

PROKEIMENON Psalm 75

Make your vows, and repay them, + to the Lord our God.

V: God is known in Judæa ; in Israel, great is His Name.

ALLELUIA Psalm 94

V: O come, let us exult in the LORD ; let us raise a shout of joy to God, our Saviour.

V: Let us go before His face and confess Him, and with psalms let us raise a shout of joy to Him.

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